

Sweet Potato Fritters with Herb Dip

Serves: 4

Prep: 20 min

Cook: 15 min

Ingredients

Herb Dip

- 3/4 cup sour cream
- 1/2 cup cream cheese, softened
- 1/4 cup heavy cream
- 2 tsp minced fresh dill
- 3 Tbsp minced fresh chives
- 2 Tbsp minced fresh basil
- salt and pepper, to taste

Sweet Potato Fritters

- vegetable or peanut oil for frying
- 2 large sweet potatoes, cooked and mashed
- 1 cup whole milk ricotta cheese
- 1/4 cup powdered sugar
- salt and pepper, to taste
- 1/2 cup whole wheat flour



Instructions

Herb Dip

1. In a small bowl, mix all ingredients for the herb dip until smooth.
2. Cover with plastic wrap and refrigerate until ready to serve.

Sweet Potato Fritters

1. In a deep heavy-bottomed pot, fitted with a deep-frying thermometer, heat about 3-inches of oil to 365° F.
2. In a large mixing bowl, combine mashed potatoes, ricotta, and sugar until smooth.
3. Season to taste with salt and pepper.
4. Gradually fold in the flour until just combined.
5. Working in batches, drop heaping tablespoons of the batter into the hot oil. Fry until golden brown, turning as needed to brown evenly, about 1 to 2 minutes.
6. Remove fritters from the hot oil using a wire strainer. Drain on paper towels.
7. Serve with Herb Dip.