

Loaded Veggie Sandwiches w/ Baked Sweet Potatoes Fries & Dipping Sauce

BAKED SWEET POTATO FRIES

INGREDIENTS:

- 2 lbs (2-3) sweet potatoes peeled and sliced into 1/4 thick sticks (cut really long sticks in half)
- 2 Tbsp cornstarch
- 1/2 tsp freshly ground black pepper
- 3/4 tsp paprika
- 1/2 tsp garlic powder
- 1/4 teaspoon onion powder
- 3 Tbsp olive oil
- Sea salt to taste (once done)

DIRECTIONS:

1. Slice your sweet potatoes into long, thin strips, about 1/4-inch wide. It's important that the fries are uniformly sized for even cooking. Add the fries to a large bowl of cold water and soak for at least 30 minutes (or overnight)
2. Preheat the oven to 425°F. Line a large baking sheet (or two medium baking sheets*) with parchment paper, or spray with cooking spray. Set aside.
3. Drain the fries, rinse out and dry your bowl of water, then blot dry the fries with a clean towel.
4. Add the fries back to the clean bowl**. Then drizzle evenly with the olive oil, and toss until they are evenly coated.
5. In a separate small bowl, whisk together the cornstarch, garlic powder, paprika and black pepper until combined. Sprinkle the mixture evenly over the bowl of fries, then toss until the fries are evenly coated and the cornstarch has soaked into the oil. Let sit for about 5 mins.
6. Spread the fries out in an even layer on the prepared baking sheet. Be sure that the fries aren't overlapping, or else they will not cook evenly.
7. Bake for 20 minutes. Then remove pan from oven, and take the time to flip each fry with a spatula. Rearrange so that the fries are evenly spaced and not overlapping again. Then bake for 7-10 more minutes, or until the fries are crispy and have begun to brown a bit on the tips.
8. Transfer the baking sheet to a cooling rack and let the fries rest for 5 minutes. Then sprinkle with your desired amount of salt and serve warm.

TIP:

*If you need to spread the fries out between two baking sheets, be sure to switch their positions on the top and bottom oven shelves at the halfway point when you flip the fries.

*Or you can do this step in a large ziplock bag, if you prefer, which makes the fries a bit easier to toss with the cornstarch mixture.

REMOULADE DIPPING SAUCE:

INGREDIENTS

- 1 1/4 cups mayonnaise
- 1 Tablespoon of ketchup
- 1/8 cup mustard (Creole mustard if possible)
- 1/2 Tablespoon paprika
- 1-2 teaspoons Old Bay or Creole seasoning
- 2 teaspoons prepared horseradish
- 1 teaspoon pickle juice (dill or sweet, your preference)
- 1 tablespoon sweet relish
- 1 teaspoon hot sauce (preferably Tabasco)
- 1 large clove garlic, minced and smashed

INSTRUCTIONS:

Mix all the ingredients together in a medium bowl. The remoulade is better if left for a few hours to let the flavors meld. Keep refrigerated for up to 2 weeks

LOADED VEGGIE SANDWICHES

- Large Round Sandwich Bun or Hoagie Bread (or bun of your choice)
- Vegan Mayo (Or mayo of choice)
- Mustard
- Spinach
- Tomatoes,sliced
- Cucumber, sliced
- Green Bell Pepper (or any color)
- Pickles
- Red Onion, thinly sliced
- Sliced Olives
- Purple Cabbage, finely shredded
- Olive Oil
- Red Wine Vinegar
- Salt (Optional)
- Pepper

INSTRUCTIONS

1. Add a generous amount of vegan mayo to top bun, and a little mustard to bottom bun.
2. To bottom bun add a handful of spinach, sliced tomatoes, cucumbers, bell peppers, pickles, more cucumber, onion, olives, shredded cabbage
3. Drizzle with a little olive oil, red wine vinegar and a little pinch of salt and dash of pepper. Add top bun and secure with toothpick!

Enjoy!