

## Crispy Mediterranean Sweet Potato Wedges with Creamy Whipped Ricotta

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**OVEN**  
**400°F**

**TIME**  
**30 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

To make these wedges perfectly, you'll need a few key ingredients. Make sure your spices are fresh for the best aromatic impact!

### DIRECTIONS

1. Prep the : Oven:
2. Preheat your oven to 200°C (400°F). Line a large baking sheet with parchment paper to prevent sticking and make cleanup a breeze.
3. Season the : Wedges:
4. In a large mixing bowl, toss your sweet potato wedges with the 2 tablespoons of olive oil, smoked paprika, cumin, oregano, salt, and pepper. Ensure every wedge is thoroughly coated.
5. Roast to : Perfection:
6. Spread the wedges evenly on the baking sheet. Make sure they aren't crowded; space allows them to roast rather than steam. Roast for 25-30 minutes, flipping them halfway through, until they are golden brown and crisp at the edges.
7. Whip the : Ricotta:
8. While the potatoes are in the oven, combine the ricotta, 1 tablespoon of olive oil, lemon zest, salt, and pepper in a small bowl. Use a whisk or a small food processor to whip until the mixture is light, creamy, and smooth.
9. Assemble and : Serve:
10. Arrange the warm wedges on a serving platter. Dollop the whipped ricotta over the top (or serve it on the side as a dip). Sprinkle with fresh parsley and toasted pine nuts.

### SWAPS & NOTES

The Potatoes: If you can't find sweet potatoes, Garnet or Jewel yams work perfectly.

You could even use butternut squash slices for a similar vibe.

The Cheese: If you aren't a fan of ricotta, you can whip feta with a bit of Greek yogurt to achieve a saltier, tangier dip.

Add a pinch of red pepper flakes to the sweet potato seasoning.

## TIPS FOR SUCCESS

**Don't Overcrowd:** I cannot stress this enough-if the potatoes are too close together, they will release moisture and become soggy.

**Dry Your Potatoes:** After washing your sweet potatoes, make sure they are completely dry before tossing them in oil.

**Moisture is the enemy of "crispy."** **Room Temp Cheese:** Let your ricotta sit at room temperature for 10 minutes before whipping.

It becomes much smoother than when it's ice-cold.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/crispy-mediterranean-sweet-potato-wedges-with-creamy-whipped-ricotta/>