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# Lactose Free Loaded Mediterranean Fries

Prep time: 10 minutes

Servings: 6

Mediterranean food is a favorite choice both around our home and our office. Whether it be gyros, spanikopita, or a big Greek salad loaded with veggies and finished with a lemony vinaigrette, we are game. This recipe idea came about when discussing ways to switch up the normal appetizers we usually prepare while entertaining guests. Combining our love for loaded fries and Greek food, we put together these lactose free loaded Mediterranean fries. With just a handful of simple ingredients, they are so easy to make yet carry lots of flavor. They were a hit at our house and are sure to be one at yours too!

Green Valley Creamery

## Ingredients

1 cup Green Valley Creamery Lactose Free Plain Whole Milk Yogurt

½ English cucumber

3 cloves garlic

½ lemon

1 tbsp olive oil

1 bag of frozen or hand cut sweet potato fries (we used Alexia)

½ cup chopped romaine lettuce

¼ cup garbanzo beans

¼ cup halved cherry tomatoes

## Instructions

### For the Lactose Free Tzatziki:

1. Grate one half of an English cucumber
2. Mince 3 cloves of garlic
3. Juice one half of a lemon

4. Add the above ingredients to a bowl with 1 cup of Green Valley Creamery Plain Lactose Free Yogurt
5. Stir in olive oil with the rest of the ingredients
6. Add in salt and pepper for taste

**For the Fries:**

1. Bake one bag of frozen sweet potato fries (we used Alexia) for 20 minutes or until browned
2. Once baked, let cool and place on serving tray
3. Add chopped romaine lettuce on top of fries, top with tzatziki, chopped tomatoes, and garbanzo beans
4. Enjoy!