Sweet Potato Toasts

Source: Dr. Neal Barnard’s Cookbook for Reversing Diabetes by Neal Barnard, MD; recipe by Dreena Burton

Elevate everyday toast with the addition of deliciously satisfying sweet potato. Feel free to add plenty of pepper and more lemon juice for an additional savory boost! Finish this meal with your fruit of choice.

About the Recipe

329 Calories · 11.9 g Protein · 9.8 g Fiber
Breakfast
Gluten-free · Nut-free

Be sure to choose a gluten-free bread if you are following a gluten-free diet.

Ingredients

Makes 2 Servings

- 2 slices sprouted grain bread
- 1 c mashed cooked sweet potato (1 sweet potato); peel removed (see note)
- 2 1/2 tsp (12.5 mL) lemon juice
- 1/8 tsp (0.6 mL) iodized salt
- to taste ground black pepper (optional) **optional*
- 1/2 avocado, cubed or 2 tbsp (30mL) black olives, sliced

Directions

1. Toast the bread.
2. In a small bowl, mash the sweet potato with lemon juice (adjusting to taste), salt, and pepper (if using).
3. Distribute the mashed sweet potato between the slices of toast, and top with either the cubed avocado or, if preferred, black olives. Serve!

4. Note: It's useful to bake sweet potatoes in advance. Place whole sweet potatoes on a baking sheet lined with parchment. Bake at 450 F (232 C) for 40 to 60 minutes, or until very soft. (Cooking time will depend on the size of the sweet potato.) Store in the fridge until ready to use (up to 6 days) or in the freezer for a couple of months.

Nutrition Facts

Per serving:

Calories: 329

Fat: 5.6 g

Saturated Fat: 0.9 g

Calories From Fat: 14.7%

Cholesterol: 0 mg

Protein: 11.9 g

Carbohydrate: 59.1 g

Sugar: 11.5 g

Fiber: 9.8 g

Sodium: 455 mg

Calcium: 168 mg

Iron: 2.7 mg

Vitamin C: 28.6 mg

Beta-Carotene: 14,720 mcg

Vitamin E: 3.1 mg