

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Sweet Potato Toast

Ingredients:

1 Sweet Potato
Toppings (listed below)

(Toaster)

Topping Ideas:

Hummus & Cucumbers
Poached Egg, Avocado & Tomato Sauce
Peanut Butter & Banana Slices
Almond Butter & Blueberries or Strawberries
Ricotta Cheese & Honey
Cheese & Tomato
Fried Egg & Cheese
Cream Cheese & Chives
Guacamole & Lime Juice
Peanut Butter, Jelly & Granola

Guacamole, Sausage & Peppers
Smoked Salmon, Cucumbers & Avocado
Prosciutto, Thin Sliced Melon & Parmesan
Spinach, Tuna & Tomatoes
Peanut Butter & Honey
Nutella & Bananas
Almond Butter, Dates & Shaved Coconut
Smashed Peas, Feta Cheese & Salmon
Pesto, Fried Egg & Tomato
Feta Cheese, Olives & Olive Oil

Directions:

1. Slice a sweet potato lengthwise into quarter inch slices.
2. Insert sweet potato slices into a toaster on high heat. If necessary, continue toasting until tender. When the sweet potato toast is done, you should be able to place a fork through it easily.
3. Add toppings to toast if desired, and serve!

Recipe Note: If you don't have a toaster just place on a greased baking sheet and bake, 400 degrees, for 10-15 minutes.