



# SWEET POTATO AVOCADO TOAST WITH WALNUTS



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## INGREDIENTS

- 2 Sweet potatoes
- 2 Avocados, thinly sliced
- ½ C California walnuts, diced
- 1½ tsp Chile flakes, plus more if desired
- 4 tsp Extra virgin olive oil
- 1 tsp Flaky salt

**PREPARATION:** 10 minutes **COOK:** 15 minutes **TOTAL TIME:** 25 minutes **SERVINGS:** 4

## DIRECTIONS

1. Slice a small plank off one side of each sweet potato lengthwise. This will act as a base, so you can cut the sweet potato into toast slices easily. Prop the sweet potato on the flat side you created and slice each potato into planks about ¼ inch thick.
2. For toaster preparation, pop the sweet potato planks in the toaster and toast until tender. This may take a few times, depending on your toaster.
3. For oven preparation, preheat your oven to 350°F. Lay the sweet potato planks on a baking sheet and spray with cooking spray. Roast for 6-7 minutes per side, until they are easily pierced with a fork.
4. When they're done toasting, lay the sweet potato toasts on plates and top with sliced avocado. Mash the avocado gently with a fork. Sprinkle with diced walnuts, chile flakes and drizzle with olive oil. Top with flaky salt.

**Nutrition Information Per Serving:** 310 calories, 25.1g total fat, 8.9g polyunsaturated fat, 11.4g monounsaturated fat, 3.4g total sugars, 623.1mg sodium, 21.4g carbohydrates, 7.8g dietary fiber, 4.7g protein



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