



VEGAN APPETIZER

Sweet Potato & Avocado Bites

1 lb. Potato, sweet, fresh
½ tsp. Cumin, ground
½ tsp. Paprika, smoked
1 tsp. Sea Salt
1½ tsp. Olive Oil
¼ c. Lime Juice
1 Avocado
½ tsp. Sea Salt
6 Grape Cherry Tomatoes, sliced
⅓ c. Red Radish, clean, grated

METHOD OF PREPARATION:

1. Scrub the sweet potato and slice into ¼ inch slices.
2. Place the sliced sweet potatoes, cumin, paprika, olive oil, and the first sea salt in a bowl and toss to coat.
3. Line a baking sheet with bakery paper and spread out the sweet potatoes in a single layer and bake at 400°F for about 10 minutes or until tender.
4. Scoop the flesh of the avocado into a bowl. Add the lime juice and the second sea salt then mash everything together with a fork.
5. Slice the grape tomatoes into 4 slices the long way. Grate the radishes.
6. Spread the baked sweet potato slices out on a serving tray. Top each with 2 teaspoons of the avocado mixture, 1 slice of grape tomato, and a sprinkling of grated radish.

SERVES: approximately 20 each

NUTRITION: 30 Calories, 1.5 g Fat, 0 g Saturated Fat, 0 g Trans Fat, 0 mg Cholesterol, 240 mg Sodium, 4 g Carbohydrate, 1 g Dietary Fiber, 1 g Protein

WEIGHT WATCHER SMARTPOINT = 1

ALLERGENS: None