

Sweet Potato Toast Served Three Ways

Ingredients for 8 Servings:

2 US sweet potatoes

Version1

Wild Salmon and Eggs:

4 eggs
200 g rich cream or sour cream
1-2 tbsp. horseradish
Sea salt and pepper
Some chives and chive blossoms
Paprika
400 g marinated wild salmon
1 lime



Preparation:

1. Peel sweet potatoes and cut into 1 cm thick slices (8 slices). Toast sweet potato slices for 5 minutes until soft. With a sandwich maker, they will turn out more tender and will not dry up as easily as when toasted in a regular toaster.
2. Boil eggs for 7 minutes until soft, then wash in cold water and peel. Blend cream, horseradish, salt, and pepper. Cut chives into small rolls and mix in. Pluck blossoms into smaller pieces. Season sweet potato „toasts“ with sea salt and paprika, spread horseradish mix on top, and garnish with salmon and half an egg each. Decorate with pieces of chive blossom and serve with a slice of lime.

Preparation time: 25 min (for all three variations)

Nutritional value per serving:

Energy: 200,25 kcal / 830,75 kj
Carbohydrates: 1,4 g
Protein: 4,5 g
Fat: 18,43 g

American Sweet Potato Marketing Institute

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Three Sweet Potato Toast Varieties

Ingredients for 8 Servings:

Version 2

Raspberry curd and fresh mint:

200 g low fat curd cheese

40 g sugar

1 dash of cinnamon

250 g raspberries



Preparation:

1. Peel sweet potatoes and cut into 1 cm thick slices (yields 8 slices). Toast sweet potato slices for 5 minutes until soft. With a sandwich maker, they will turn out more tender and will not dry up as easily as when toasted in a regular toaster.
2. Whisk curd cheese with sugar and a dash of cinnamon. Put some raspberries a side for decoration, squash the rest with a fork and mix under the curd cheese. Spread the raspberry curd over the “toast” and decorate with the remaining raspberries.

Preparation time: 25 min (for all three variations)

Nutritional value per serving:

Energy: 54 kcal / 56,3 kj

Carbohydrates: 7,4 g

Protein: 3,1 g

Fat: 1,2 g

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Three Sweet Potato Toast Varieties

Ingredients for 8 Servings:

Version 3

Buffalo mozzarella, mango and green pesto:

- 1 buffalo mozzarella
- 1 mango
- 4 tbsp. green pesto
- Fresh basil for decoration



Preparation:

1. Peel sweet potatoes and cut into 1 cm thick slices (yields 8 slices). Toast sweet potato slices for 5 minutes until soft. With a sandwich maker, they will turn out more tender and will not dry up as easily as when toasted in a regular toaster.
2. Peel and slice mango and pluck mozzarella into pieces. Put mango and buffalo mozzarella onto the sweet potato “toast” and spread some pesto above, garnish with basil.

Preparation time: 25 min (for all three variations)

Nutritional value per serving:

Energy: 76,1 kcal / 317 kj
Carbohydrates: 1,4 g
Protein: 4,0 g
Fat: 5,8 g

Nutritional value per sweet potato slice without spread:

Energy: 125 kcal / 518 kj
Carbohydrates: 27 g
Protein: 1,8 g
Fat: 0,6 g

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