



# Avocado and Sweet Potato Crostini

**Yield: 8 servings**

## Ingredients

- 2 sweet potatoes (about 20 ounces)
- 1 pomegranate
- 1 large ripe avocado
- 1 lemon
- ¼ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- ¼ cup chopped cilantro -divided
- 1 teaspoon black sesame seeds

## Instructions

1. Heat oven to 425 degrees.
2. Line a large baking sheet with parchment paper.
3. Cut the sweet potatoes into ½ inch circles and place them on the baking tray. Bake for 10 minutes and then flip them over and bake 10 more minutes.
4. In a medium sized mixing bowl, fill it up half-way with water, place the pomegranate in the bowl. Insert a paring knife into the top of the pomegranate to crack it open. Then remove the edible fruit (arils) from the pomegranate. Set them aside in a small bowl.
5. In another small bowl, add the avocado pulp, zest from the lemon, 2 teaspoons of lemon juice, salt, black pepper and 2 tablespoons of the cilantro. Mash until just a few avocado chunks remain.
6. To serve top each sweet potato slice with some avocado, pomegranate arils, sesame seeds and cilantro.

## Nutrition Information

**Serving Size:** 2 slices  
Calories: 120  
Total Fat: 3.1 g  
Saturated Fat: 0.4 g  
Monounsaturated Fat: 1.7 g  
Polyunsaturated Fat: 0.3 g  
Protein: 2 g  
Carbohydrate: 22 g  
Sugars: 7.8 g  
Dietary Fiber: 4.7 g  
Sodium: 102 mg

Source: Spectrum Health Culinary Medicine

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