

SWEET POTATO SANDWICHES

makes: 2 servings

INGREDIENTS

1 sweet potato, peeled and cut into
1/2-inch-thick slices
1 tbsp plus 2 tsp honey mustard
1 tbsp light mayonnaise
1/4 tsp poppy seeds
4 slices whole wheat bread

4 red onion slices, cut 1/8-inch thick
1/2 avocado cut into 1/4-inch-thick slices
4 tomato slices, cut 1/4-inch thick
1/4 cup shredded Monterey Jack cheese
1/2 cup finely shredded lettuce or sprouts

Toss sweet potato slices in olive oil and honey. Season with salt and pepper to taste. Cook slices in oven until tender, about 15 minutes.

Whisk together honey mustard, mayonnaise, and poppy seeds in a small bowl.

To construct the sandwiches, first spread half the poppy seed mixture on 2 of the bread slices, then place half of the onion, avocado, and tomato slices on top of each slice; sprinkle lightly with salt and pepper. Add a layer of sweet potato slices, cheese and lettuce. Top with remaining bread. Slice each sandwich in half, securing each half with a toothpick. Serve with sliced dill pickles and a handful of baked chips.