



The Best Thing Since Sliced Bread

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Sweet Potato Toast is quite literally one of the best things since sliced bread (and it has SO much more flavor)! This nutrient dense, whole foods, gluten-free, fiber-rich complex carbohydrate can be eaten with breakfast, lunch or dinner or even as a snack.

Sweet Potato Toast isn't bread made from sweet potatoes, it's simply thin slices of sweet potatoes that you cook right in your toaster. Yes, you read that correctly- you cook it in your toaster; it honestly couldn't be any easier! Then add any combination of toppings you like (sweet and/or savory) and get ready for an explosion of flavors you'll never get with plain old toast.

I'm Drooling Already, How Do I Make It?

Sweet Potato Toast really is as simple as it sounds.

1. Wash and dry sweet potatoes.
2. Slice into ¼ inch vertical slices using a sharp knife or a mandoline.
3. Turn toaster on HIGH and add sweet potato slices.*
4. Toast for 2-3 cycles. Check for doneness in between each cycle.
5. Cook until slices start to brown and have a soft center.
6. Add toppings of choice and enjoy!

*You can also bake the sweet potato slices in a 400°F oven for about 20 minutes.

Tips for Successful Sweet Potato Toast:

- Choose your sweet potatoes wisely. To get good slices, pick large round ones that aren't too misshapen or curved but that aren't so large they won't fit in your toaster.
- If your slices are a bit too long and stick out of the toaster, simply rotate them between cooking cycles for even cooking.
- To save time in the morning, slice the entire sweet potato (or a couple!) and store in a sealed container in the fridge to easily grab all week.
- If you cut your sweet potato slices a little too thick or want to speed up the cooking process, pierce slices with a fork and microwave for 20-30 seconds before toasting.

It's All About the Toppings

The 'sweet' spot for toppings seems to be a combination of 2-3 ingredients that can be sweet, savory or somewhere in between. Let your imagination run wild. Try a different combination each time and see what you like best.

Sweet Ideas:

- nut butter, sliced banana and cinnamon
- nut butter and raisins
- cream cheese, berries and cinnamon
- cream cheese with a drizzle of honey or maple syrup

Savory Ideas:

- fried egg with salt and pepper and, if desired, hot sauce or red chili flakes
- smashed or sliced avocado, sliced tomato and a fried egg
- black beans, cheese and/or salsa
- tuna or chicken salad
- fresh mozzarella and fresh basil
- smashed or sliced avocado, cucumber and smoked salmon
- crème fraiche, smoked salmon and capers
- hummus and sliced tomatoes

Sweet and Savory Ideas:

- chia seeds with a drizzle of honey or maple syrup
- butter or ghee, a drizzle of maple syrup and a sprinkle of dried ginger
- brie and a drizzle of honey

The Verdict

When you take your first bite of Sweet Potato Toast, don't expect the crisp outside, airy inside texture that is characteristic of toast. Instead, what you'll discover is something soft, sweet, tender and ALL things sweet potato!

Sweet Potato Toast is also a very versatile vessel that can be incorporated into any meal of the day so it's not just for breakfast. The slices hold up surprisingly well and can withstand the weight of the toppings without flopping or breaking too easily. Plus, sweet potatoes are nutrition powerhouses and a whole foods, lower carbohydrate option compared to store bought breads. Give it a try today! It's a WINNER in my book!