



Makes about 8 bruschetta
Cook Time: 40 minutes

INGREDIENTS:

2 medium or large sweet potatoes, scrubbed and rinsed

1 cup seeded and diced fresh tomatoes, such as Campari

¼ cup minced red onion

1 clove garlic, minced

2 tablespoons chopped fresh basil

1 teaspoon lemon juice

¼ teaspoon salt

Black pepper

1 avocado, pitted, peeled, and chopped

1 large cucumber, thinly sliced

1 cup baby arugula

Sweet Potato Bruschetta with Avocado-Tomato Topping

Sweet potatoes are endlessly versatile, and this inventive vegan bruschetta recipe offers a great new way to enjoy them. Simply slice sweet potatoes lengthwise into long, half-inch-thick slabs, and roast them in the oven to take the place of toasted bread. Top them with sliced cucumbers, fresh arugula, and a tangy mix of tomatoes and avocado, and you have a fresh and healthy take on a classic appetizer or snack! If Campari tomatoes—sometimes called “on-the-vine tomatoes” are available, use them. They are uniquely sweet and juicy.

By Ashley Madden, B.Sc.(Pharm), ACPR, CHNC

- 1** Preheat the oven to 375°F. Line a large baking sheet with parchment paper.
- 2** Slice the sweet potatoes lengthwise into ½-inch-thick slices. Lay the slices flat on the prepared baking sheet and bake for 35 to 40 minutes, until the edges are browned and the slices are easily pierced with a fork.
- 3** While the sweet potatoes are baking, combine the diced tomatoes, red onion, garlic, basil, lemon juice, salt, and pepper in a medium bowl. Cover and let sit until the sweet potatoes are done.
- 4** When the sweet potatoes are just about ready, chop the avocado and gently fold it into the tomato mixture.
- 5** Top the sweet potato slices with sliced cucumber and baby arugula, and then spoon with 2 to 3 tablespoons of the avocado mixture on top.