



Pineapple and Ricotta Cheese Sweet Potato Toasts

1 serving

1–3 slices per serving depending on sweet potato size

INGREDIENTS

- 1–3 frozen sweet potato slices depending on slice size
- 2 tablespoons part-skim ricotta cheese
- $\frac{1}{4}$ cup fresh pineapple slices
- $\frac{1}{4}$ teaspoon honey
- 2 mint leaves (optional)

DIRECTIONS

1. Preheat the oven to 425°F.
2. Arrange frozen sweet potato slices on a baking sheet.
3. Bake for 15 to 18 minutes, or until the slice(s) is tender and easily pierced with a fork, or until heated through at desired consistency.
4. Meanwhile, grill the pineapple slices on high heat, 2–3 minutes per side, until grill marks appear. Remove from heat and set aside.
5. Carefully remove the baking sheet from the oven.
6. Top the sweet potato slice(s) with the ricotta cheese and grilled pineapple. Drizzle with honey. Garnish with fresh mint leaves if desired.

NUTRITION ANALYSIS	(PER SERVING)
Calories	141
Total Fat	1.5 g
Saturated Fat.....	1.0 g
Trans Fat.....	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
Cholesterol.....	8 mg
Sodium	58 mg
Carbohydrates.....	28 g
Fiber	4 g
Sugars	14 g
Protein	5 g
Dietary Exchanges: 2 starch	

*This recipe from CAULIPOWER is an
American Heart Association Heart-Check Certified Recipe.*

