

Sweet Potato Guacamole

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Newark Beth Israel | RWJBarnabas
Medical Center HEALTH

INGREDIENTS

Serving Size: 8

1	medium sweet potato
1/2 tsp.	ground chipotle chile pepper
2 Tbsp.	fresh squeezed lime juice
1 Tbsp.	salsa verde (or cubanelle pepper)
1	ripe, Fresh California Avocado, seeded and peeled
1/2 tsp.	salt
As needed	Cilantro leaves, for garnish

INSTRUCTIONS

- Preheat oven to 350 degrees F.
- Bake sweet potato at 350 degrees for 45 minutes or until tender. Let cool slightly and peel.
- Place baked sweet potato in small food processor or blender; add remaining ingredients. Pulse until well combined.
- Serve warm or at room temperature with fresh veggies or healthy tortilla chips.
- Large avocados are recommended for this recipe. A large avocado averages about 8 ounces. If using smaller or larger size avocados adjust the quantity accordingly.

NUTRITION INFORMATION PER SERVING

Calories 60; Total Fat 4.5 g; Sodium 170 mg; Carbohydrates 6 g; Dietary Fiber 2 g; Total Sugars <1 g; Protein <1 g;

