**Baked sweet potatoes**

**with delicious toppings**

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**Ingredients for 2 portions:**

2 sweet potatoes from North Carolina (250-300 g)

1. Preheat the oven to 200 °C (circulating air 180 °C). Wash sweet potatoes, prick with a fork and cook on a baking tray for about 50 minutes.
2. Pierce with a fork to test if the sweet potato is well-cooked. Depending on the size of the sweet potato the cooking time may be ca. 10 minutes longer. Then cut open and fill! Serve in parchment paper

**Preparation time:** ca. 55 Minutes

**Guacamole with shrimps**

**Ingredients for 2 portions:**

2 stems basil

Pulp of 1 avocado

3 tbsp orange juice

2 tbsp sour cream

100 g shrimps

Salt, pepper

1. Wash and shake basil dry, pluck the leaves and cut 3-4 pieces into small strips. Put aside as garnish.
2. Blend avocado pulp with 1 tbsp orange juice and the remaining basil, then season with salt and pepper.
3. Mix the shrimps with the remaining orange juice, some salt and pepper.
4. Slice sweet potatoes in half, top with avocado cream and garnish with shrimps and basil.

**Preparation time:** 15 Minutes

**Nutrition facts per portion:**

Energy: 512 kcal

Protein: 15 g

Fat: 19,5 g

Carbohydrates: 67,4 g

**Zucchini-tzatziki with sesame chicken**

**Ingredients for 2 portions:**

1 zucchini (ca. 200 g)

1 chicken breast fillet (ca. 150 g), in slices

½ tsp tumeric powder

2 tbsp sesame seeds

1 tbsp rapeseed oil

1 garlic clove, finely chopped

200 g yoghurt

1 tsp Wasabi

Salt, pepper

Chive

1. Wash zucchini and slice into thin strips. Salt and pepper the chicken breast, then turn the strips in sesame seeds and turmeric and fry in a pan for 4-5 minutes.
2. Mix the zucchini strips with garlic, yoghurt and wasabi, season with salt and pepper. Spread the tzatziki over the sweet potatoes. Garnish with chicken strips and chive.

**Preparation time:** ca. 25 Minutes

**Nutrition facts per portion:**

Energy: 531 kcal

Protein: 29,2 g

Fat: 14,8 g

Carbohydrates: 67,6 g

**Tomato-mango-salsa**

**Ingredients for 2 portions:**

1 small red onion

200 g cherry tomatoes, quartered

1 mango, in cubes

1 tbsp red wine vinegar

1 tbsp olive oil

75 g low-fat feta cheese in cubes

Salt, pepper

1. Peel onion, cut into halves, then into small slices. Mix with tomatoes, mango cubes, whisk together vinegar and oil, add salt and pepper.
2. Arrange sweet potatoes and garnish with feta on top.

**Variation:** chop 1 tsp capers and mix with the salsa.

**Preparation time:** ca. 15 Minutes

**Nutrition facts per portion:**

Energy: 531 kcal

Protein: 15,3 g

Fat: 10,2 g

Carbohydrates: 88,6 g

**Olive-Hummus**

**Ingredients for 2 portions:**

½ Bund parsley

120 g chickpeas (1/2 can), drained

3 tbsp yoghurt

1 tsp lime juice

Salt, pepper

1-2 tsp black cumin

40 g sliced black olives

1. Wash parsley and shake dry, pluck the leaves and blend with chickpeas, yoghurt, lime juice, salt and pepper.
2. Spread the puree over the sliced sweet potato and garnish with black cumin and olives.

**Preparation time:** ca. 10 Minutes

**Nutrition facts per portion:**

Energy: 352 kcal

Protein: 7 g

Fat: 6,1 g

Carbohydrates: 65 g