**Sweet Potato Rounds Two Ways**

**Sweet Potato Rounds with Herbed Ricotta and Walnuts**

**Makes 24 Rounds**

Modified from theroastedroot

**INGREDIENTS**

1 large sweet potato sliced into ¼ inch rounds

1 tablespoon vegetable oil

1 pinch ground cinnamon

**Herbed Ricotta**

1 cup ricotta cheese

1 ½ teaspoon Italian seasoning

4 teaspoons honey

Salt to taste

**Toppings**

1 cup walnuts, roasted and chopped (optional)

¾ cup sliced red pears or dried cranberries

Honey drizzle

**DIRECTIONS**

1. Mix herbed ricotta ingredients into a small bowl until combined. Refrigerate until ready to use.
2. Preheat the oven to 400 degrees F. Slice sweet potato into rounds and add to a large mixing bowl. Drizzle with vegetable oil. Sprinkle ground cinnamon over rounds (add sea salt if desired). Use your hands to rub the oil and seasoning on both sides of the sweet potato rounds. Arrange rounds on a large baking sheet (or two if necessary). Bake for 20 minutes. Flip the rounds, then bake for another 17 to 20 minutes, or until rounds are cooked through and crispy on the edges
3. Spread walnuts on a baking sheet. 10 minutes before the potato rounds are finished cooking, place the walnuts in the oven to roast.
4. Remove sweet potato rounds and walnuts from the oven. Place walnuts on a cutting board and chop.
5. Place the oven on a high broil setting and move the oven rack second to the top shelf. Place a dollop of herbed ricotta on each sweet potato round and place in the oven for 2 minutes, just until the ricotta is melty and warm.   
   \*\* *If you want this to be a finger-food appetizer, I recommend you do not bake the ricotta and serve cold instead.*
6. Add chopped walnuts and dried cranberries/chopped pear to the rounds. Drizzle with honey and serve!

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| **LOW PREP/DORM RECIPE TIP:**  This recipe is relatively simple to make and can be done in the dorm room or with limited supplies! If you are working with a microfridge, you can purchase pre-cooked sweet potato rounds or sweet potato chips. You can also microwave the sweet potato on high for 5 minutes, then top the whole sweet potato with the ricotta mixture and already roasted walnuts. |

**Sweet Potato and Avocado Bites**

**Makes 20-25 Rounds**

Modified from blissfulbasil

**INGREDIENTS**

2 medium sweet potatoes, sliced into ¼ inch rounds

½ teaspoon cumin

½ teaspoon smoked paprika

1 ½ teaspoons vegetable oil

1 large avocado, pitted

¼ cup fresh lime juice

½ teaspoon sea salt

Cherry tomatoes, sliced into 1/8 inch-thick rounds

½ cup herbs, sprouts, or microgreens

**DIRECTIONS**

1. Preheat oven to 400 degrees Fahrenheit.
2. Add the sliced sweet potatoes, cumin, paprika, olive oil to a bowl. Toss to coat.
3. Spread the sweet potato slices out into a single layer on an oiled baking sheet. Bake for 20 minutes. Flip the rounds, then bake for another 17 to 20 minutes, or until rounds are cooked through and crispy on the edges
4. Scoop the flesh of the avocado into a medium bowl. Add the lime juice and 1/2 teaspoon sea salt and mash together with the back of a fork.
5. Spread the sweet potato slices out of a serving platter or tray. Top each slice with a dollop of smashed avocado, one tomato slice, and a sprinkling of herbs/microgreens.

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| **LOW PREP/DORM RECIPE TIP:**  This recipe is very simple to make and can be done in the dorm room or with limited supplies! If you are working with a microfridge, you can microwave a whole sweet potato on high for five minutes, then top the whole sweet potato with avocado, tomato, and microgreens to achieve a similar result. |