

Sweet Potato Toast with Garlic Mushrooms

Ingredients:

1 large sweet potato
1 cup chopped button or cremini (baby Portobello) mushrooms
2 garlic cloves, minced
1-2 TBS water
1 TBS finely chopped fresh parsley
½ TBS freshly-squeezed lemon juice

Directions:

Preheat oven to 400F/200C. Line a baking sheet with parchment paper.

Cut the ends off of the sweet potato, then cut lengthwise inch ½" thick slices.

Arrange slices on the baking tray and bake until tender and easily pierced with a fork, about 15-20 minutes.

Place a small, non-stick ceramic skillet on medium-high heat. Add the mushrooms and a bit of water to prevent sticking. Cook for 3-5 minutes, until the mushrooms are soft.

Stir in the garlic and continue cooking for 2-3 minutes. Remove from heat.

Stir in the chopped parsley and lemon juice.

Serve toast immediately topped with cooked mushrooms.

Alternatively, you can keep the toast slices refrigerated and reheat in a toaster when needed.

Serves 1-2