

# Made for each other... **Sweet potato & avocado**

It's a love story close to our hearts: Carby comfort meets creamy indulgence. Both ingredients are high in fiber and potassium, but like every dynamic duo, they bring out the best in each other. **The avocados have fats to help your body absorb the sweet potato's vitamin A, and they also add immune-boosting vitamin C,** says nutritionist Tara Dellolacono Thies, R.D.N. And the flavor and texture combo? Couldn't be a better example of opposites attracting—the result is sweet, savory, rich, and silky. This dish, from Thomas Chen, the executive chef and owner of Tuome in New York City, is a match made in heaven.

## **Stuffed Sweet Potato With Avocado Salsa and Black Sesame Seeds**

**Serves:** 2

**Active time:** 10 minutes

**Total time:** 1 hour

- 2 sweet potatoes
- 1 ripe avocado, diced
- 1 teaspoon pure maple syrup
- 2 teaspoons fresh lime juice
- ¼ teaspoon shallot, finely chopped
- 2 teaspoons pine nuts, toasted
- 2 teaspoons cilantro, finely chopped
- ½ teaspoon toasted black sesame seeds

**1** Preheat the oven to 380°. Wrap sweet potatoes in foil and roast for 50 minutes or until soft. Remove from oven and let cool.

**2** To a medium bowl, add avocado, maple syrup, lime juice, shallot, pine nuts, cilantro, and sesame seeds. Stir to combine and season with salt to taste.

**3** Halve sweet potatoes lengthwise and top with avocado salsa.

**\* Nutrition facts per serving:**  
389 calories, 13 g fat (1.7 g saturated), 66 g carbs, 6 g protein, 13 g fiber, 162 mg sodium

**RULES ARE FOR SUCKERS**  
Don't limit this mix to dinner. It's a tasty twist on breakfast, too.

Food styling by Jamie Kimm; prop styling by Emily Mullin/Hello Artists