

Sweet Potato & Greens with Tahini

2 servings 35 minutes

INGREDIENTS

- 1 medium sweet potato, cut in half long way. My favorite variety is Hannah
- 1 cup steamed or sautéed greens (kale, spinach, or Swiss chard)
- 1/2 avocado, sliced
- 1 tbsp tahini
- 1 tsp lemon juice
- 1/4 tsp sea salt
- 1 tbsp hemp seeds or pumpkin seeds
- Optional: a sprinkle of sesame seeds or chili flakes for extra flavor

DIRECTIONS

1. Preheat oven to 400°F (200°C). Roast the sweet potato for 25-30 minutes until tender.
2. While the sweet potato roasts, steam or sauté the greens with a little olive oil and sea salt.
3. Mix the tahini, lemon juice add some cold water a tsp at a time till you meet your desired consistency.
4. Arrange everything in a bowl and drizzle with tahini lemon juice sauce, and a sprinkle of sea salt.
5. Top with hemp seeds or pumpkin seeds for extra texture and nourishment.