**Baked sweet potato**

**with tomato salsa**



**Ingredients for 4 servings:**

4 sweet potatoes from North Carolina (à ca. 250 g)

2 limes

1 chili

20 g ginger

2 tbsp. honey

6 tomatoes

1 garlic clove

1 bunch of cilantro

1 tbsp. olive oil

Salt

Pepper

**1.** Wash sweet potatoes and boil for 10 minutes. Meanwhile, wash and dry the limes. Grate the peel and press out the juice. Cut chili lengthwise, remove seeds and chop into small pieces. Peel and chop the ginger. Mix lime juice, ginger and chili with 1 tbsp. of honey.

**2.** Drain potatoes, halve them lengthwise and cover with marinade. Place the halves back together and wrap them in aluminum foil. Bake in pre-heated oven at 200 °C (gas: level 3/ convection oven: 175 °C) for 30 minutes.

**3.** Meanwhile, wash and dry the tomatoes, remove the seeds and thinly dice them. Peel and chop garlic. Wash the cilantro and shake dry. Set some leaves aside for garnishing and chop the rest.

**4.** Mix the lime peel, tomatoes, garlic, olive oil, 1 tbsp. of honey and cilantro. Serve sweet potatoes together with the tomato salsa. Garnish with remaining cilantro.

**Preparation time:** approx. 45 minutes

**Nutrition facts per portion:**

Energy: 361 kcal / 1510 kJ

Proteins: 5.2 g

Fat: 6 g, carbohydrates: 67.5 g