

# Sweet Potato Sliders

## Ingredients:

- 2 large sweet potatoes
  - 1 teaspoon extra virgin olive oil
  - ¼ teaspoon cinnamon
  - ¼ teaspoon paprika
  - ½ teaspoon black pepper
- 1 pound lean ground beef
  - ¼ teaspoon garlic powder
  - ¼ teaspoon onion powder
  - ¼ teaspoon ground cayenne pepper
  - ½ teaspoon black pepper
- 8 ounces of minimally processed cheese of your preference (mozzarella, ricotta, Swiss, gouda, goat cheese, feta, blue cheese)
- 1 small bag arugula (can sub any lettuce of choice)
- Optional toppings: onion, tomato, pickle, jalapeño, mushroom, avocado

## Instructions

1. Preheat oven to 450°F
2. Cut sweet potatoes into ½ inch thick rounds. Lightly coat both sides of sweet potato rounds with extra virgin olive oil and season with cinnamon, paprika and ½ teaspoon black pepper.
3. Place on sheet tray and bake in oven for 15 minutes, or until desired consistency.
4. Season lean ground beef with garlic powder, onion powder, ground cayenne pepper and ½ teaspoon black pepper. Mix well.
5. Portion out ½ inch thick patties (about 1.5 to 2 ounces each) and make an indentation in the center with your thumb so the patties keep their shape while cooking.
6. Over medium heat (grill or stovetop), cook sliders for 4-5 minutes on each side, or until a minimum internal temperature of 160°F is met. Add cheese until soft and melty.
7. Place sliders on cooked sweet potato round, garnish with arugula and other desired toppings. Top with another cooked sweet potato round.

About 2 sliders per serving, makes ~ 5 servings. Calories: 286, carbohydrates: 12g, protein: 21g, fat: 17g, fiber: 2g, sugar: 3g. These values would change slightly depending on your choice of cheese and toppings.