**Sweet potato ham toast**

**Ingredients for 4 servings:**

2 large sweet potatoes from North Carolina (approx. 400 g)

Salt, pepper

1 egg

2 tbs. flour

5 tbs. breadcrumbs

2-3 tbs. oil

100g mayonnaise dressing

1-2 tsp. Dijon mustard

50 g common watercress

1 baguette (approx. 300 g)

100 g of air-dried French ham cut into thin slices

**Directions:**

1. Peel and cut the sweet potatoes into approx. 5mm thick slices. Cook the slices in boiling salt water for approx. 2 minutes. Filter the water and drain the potatoes on paper towels. Season the slices with salt and pepper. Then whisk the egg. Dip the sweet potato slices into flour, then the egg and finally into the bread crumbs. Fry the potatoes in hot oil for around 5-7 minutes and let them cool.

2. To make the Dijon cream, mix the mayonnaise dressing with Dijon mustard. Wash the watercress. Next cut the baguette into 4 equal pieces and spread the Dijon cream onto it. Finally put the sweet potato slices, ham and watercress onto the bottom half of the baguette and finish it off putting the top half on.

**Preparation time:** approx.40 minutes

**Nutrition value:**

Energy: 590 kcal/2470 kJ

Protein: 18 g

Fat: 22 g Carbohydrates: 77 g