**Sweet potato panzanella**

**Ingredients (6 servings):**

2 sweet potatoes from North Carolina (400 g)

6 tablespoons olive oil

3/4 tsp salt

150 g whole wheat baguette

2 tbsp white balsamic vinegar

1 tsp Dijon mustard

1 small garlic clove

1/4 tsp pepper

3 large ripe tomatoes (600 g)

1 red bell pepper

1 small red onion

30 g fresh basil

1 avocado

1. Peel and chop the sweet potatoes. Then spread on a baking tray, coat with 1 tablespoon olive oil and sprinkle with ¼ tsp salt. Bake for approx. 30 minutes in a preheated oven (electric cooker: 200 °C/ gas cooker: level 3) until golden brown, turn occasionally. Allow to cool.
2. Heat 1 tablespoon of oil in a pan over medium heat. Cut the baguette into cubes and fry in the pan for 5 minutes, turning until golden brown.
3. Chop the garlic and mix with the remaining oil, vinegar, mustard, pepper and salt.
4. Dice the tomatoes and bell peppers. Cut the onion into thin slices and chop the basil. Mix everything in a large bowl with the vinaigrette and leave to stand for 2 minutes. Dice the avocado. Finally add sweet potatoes, avocado and bread.