



# THE ingles TABLE

with Lindsay Moore  
White Bean and Sweet Potato Flatbread

## Shopping List

- 2 Medium Sweet Potatoes
- 1 Tbsp Extra Virgin Olive Oil, divided
- 3 Cloves Garlic, mashed
- 1 tsp Red Pepper Flakes (optional)
- 1 Cans Cannellini Beans, rinsed and drained
- Kosher Salt, Fresh Cracked Pepper, to taste
- 1 Tbsp Salted Amish Butter
- Pinch of Cayenne Pepper (less than 1/4 tsp)
- Kosher Salt, to taste
- 1 Package Naan Bread (2 per pack)
- 2 Handfuls Fresh Arugula
- Drizzle of Balsamic Vinegar (optional)

## Cooking Instructions

1. Preheat oven to 400. Wash sweet potatoes and pierce several times with a fork. Place on baking sheet, rub potatoes with oil, and bake for about 30 minutes, or until fork can be easily inserted.
2. Meanwhile, heat remaining oil in a large skillet over medium-low heat. Add garlic and red pepper flakes and cook until fragrant, stirring frequently to prevent burning (about 1 minute).
3. Turn heat down to simmer, stir in Cannellini beans and season with salt and pepper. Occasionally check and stir.
4. Remove sweet potatoes from oven and let cool slightly, leaving oven turned on. Cut potatoes and scoop everything but the skins into a medium bowl. Mix in butter, cayenne pepper, and a pinch of salt and mash until smooth. This will be the base for the flatbread, so you want it to easily spread. If it is too clumpy, you can add a little bit of olive oil or vegetable broth, being careful not to add more than 2 teaspoons at a time.
5. Prepare Naan according to package instructions. (If you want it crispy, leave in for 5-8 minutes longer than package says.)
6. Assemble Flatbreads: Divide sweet potato mixture evenly between the two flatbreads. Layer each with a handful of fresh arugula then beans. Finish with salt flakes and a drizzle of your favorite balsamic vinegar, if using.
7. Serve any leftover beans on the side.



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