

Mediterranean Sweet Potatoes

serves 4

Adapted from Minimalistbaker.com

OVERVIEW

This makes a great vegan main course. The combination of the sweet potato with the crunchy chickpeas and creamy sauce is a healthful, high fiber match made in heaven.

INGREDIENTS

4 medium sweet potatoes
1 15-ounce can of chickpeas, drained and rinsed
1/2 tablespoon olive oil
1/2 teaspoon cumin
1/2 teaspoon cinnamon
1/2 teaspoon paprika

Sauce:

1/4 cup tahini
2 tablespoons water
1 tablespoon lemon juice
3 cloves garlic, minced
Pinch of salt

Toppings:

1/4 cup chopped fresh parsley
1/4 cup chopped tomatoes

EQUIPMENT

Knife & cutting board Baking sheets
Large bowl

DIRECTIONS

1. Preheat oven to 400 degrees F and line two large baking sheets with foil.
2. Rinse and scrub potatoes and cut in half length wise.
3. Rub the sweet potatoes with a bit of olive oil and place face down on the baking sheet. Roast for 25-30 minutes until tender.
4. Toss chickpeas with remaining olive oil and spices and place on the second foil-lined baking sheet. Roast in oven until crispy and brown, about 25 minutes.
5. While the sweet potatoes and chickpeas are roasting, prepare the sauce: combine tahini, water, lemon juice, garlic and salt in a bowl. If the sauce is very thick you can thin it out with more water.
6. To serve: flip potatoes flesh-side up and smash down the insides a little bit. Then top with chickpeas, sauce, tomatoes, and parsley. Serve immediately.

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NUTRITION INFORMATION

NOTES

Nutrition Facts

4 servings per container

Serving size 1/2 sweet potato
with 1/4 of
toppings

Amount per serving

Calories 320

% Daily Value*

Total Fat 12g 15%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 270mg 12%

Total Carbohydrate 46g 17%

Dietary Fiber 10g 36%

Total Sugars 9g

Includes 0g Added Sugars 0%

Protein 10g

Vitamin D 0mcg 0%

Calcium 118mg 10%

Iron 3mg 15%

Potassium 739mg 15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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