

# Mediterranean Stuffed Sweet Potatoes

*This plant-based entree is bursting with flavor, packed with nutrients, and takes just 30 minutes to prepare!*

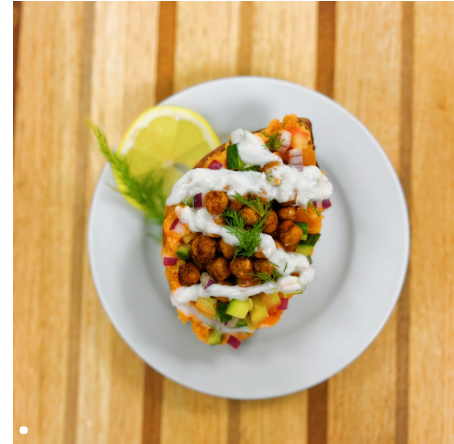
| YIELD      | PREP TIME | TOTAL TIME |
|------------|-----------|------------|
| 2 SERVINGS | 5 MIN     | 30 MIN     |

## INGREDIENTS

|              |  |
|--------------|--|
| 2 each       | Sweet Potatoes, medium (about 5-6 inches), halved lengthwise |
| ½ (15oz) can | Chickpeas, low-sodium, drained and rinsed                    |
| 1 Tbsp       | Extra Virgin Olive Oil, <u>divided</u>                       |
| ½ tsp        | Cumin, ground  |
| ½ tsp        | Smoked Paprika   |
| ¼ tsp        | Chili Powder   |
| 1 each       | Plum Tomato, diced   |
| ½ each       | English Cucumber, diced                                      |
| ¼ each       | Red Onion, diced   |
| 1 each       | Lemon, juiced  |
| 1/8 tsp      | Kosher Salt  |
| To Taste     | Black Pepper, freshly ground                                 |
| 1 tsp        | Garlic Powder  |
| 1 Tbsp       | Dill, dried  |

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 400°F. Line a sheet tray with foil or parchment paper and spray lightly with non-stick spray.
2. Place the sweet potatoes face down on one half of the sheet tray.
3. In a small bowl, toss the chickpeas in 1 tsp of the olive oil, the cumin, smoked paprika, and chili powder.
3. Spread the seasoned chickpeas onto the empty half of prepared sheet tray. Bake for 20-25 minutes, or until the potatoes are fork tender.
4. Meanwhile, in a bowl, combine the tomatoes, cucumber, red onion, lemon juice, 2 tsp olive oil, salt, black pepper, garlic powder, and dill to a bowl.
5. Top each roasted sweet potato half with ¼ cup chickpeas, and ½ cup of the tomato, cucumber, and red onion mixture.



## CHEF'S NOTES

Sweet potatoes are a great source of beta-carotene, which is a form of vitamin A. They also contain vitamin B6, vitamin C, and potassium. Before cooking, be sure to wash the sweet potato skin well.

Try making your own yogurt-based sauce to serve on top: combine 4 Tbsp yogurt, the juice of ½ lemon, 1 tsp garlic powder, 1/8 tsp salt, pepper to taste, and water to thin the sauce to your desired consistency!

# Nutrition Facts

2 servings per container

**Serving Size** 1 Cup (429 g)

**Amount per serving**

**Calories** 360

**% Daily Value \***

**Total Fat 10g** 13%

Saturated Fat 1.5g 6%

*Trans* Fat 0g

**Cholesterol 0mg** 0%

**Sodium 420mg** 18%

**Total Carbohydrate 59g** 21%

Dietary Fiber 12g 44%

Total Sugars 13g

Includes 0g Added Sugars 0%

**Protein 11g** 22%

Vitamin D 0mcg 0%

Calcium 120mg 9%

Iron 3mg 15%

Potassium 800mg 16%

\*The % Daily Value (DV) 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.

