

Mediterranean Stuffed Sweet Potatoes

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

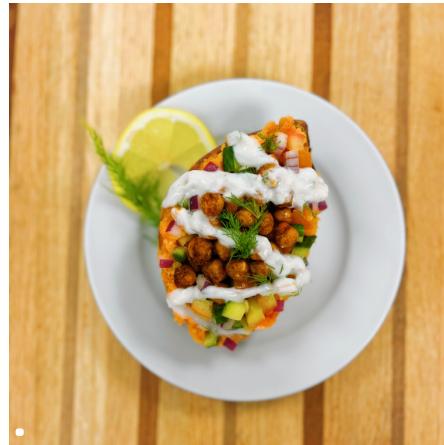
YIELD 2 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 30 MIN
---------------------	--------------------	----------------------

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.
4. Spread the seasoned chickpeas onto the empty half of prepared sheet tray. Bake for 20-25 minutes, or until the potatoes are fork tender.
5. 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.
6. 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.

