
STUFFED SWEET POTATO

Gluten-Free, Egg-Free, Vegetarian

Yield: 4 servings **Total time:** 40 minutes

Ingredients

- 4 large sweet potatoes
- 1 can chickpeas, drained and rinsed
- 1 cup shredded brussels or cabbage slaw
- 1 apple, chopped
- 1/2 cup golden raisins
- 2-3 chopped beets
- 1/4 cup goat cheese
- 1/4 cup chopped walnuts
- 2 tbsp olive oil
- 2 tsp honey OR maple syrup

Directions

1. Preheat oven to 450°F and place a piece of foil on a baking sheet.
2. Place sweet potatoes on a cutting board and use a fork (OR knife) to poke holes into the sweet potatoes.
3. Set sweet potatoes on a baking sheet and drizzle with olive oil. Roast for 35-40 minutes, or until puffed up and soft inside when pierced with a fork.
4. While sweet potatoes are roasting prep filling ingredients: drain chickpeas, chop apple and beets.
5. Once sweet potatoes are finished cooking pull them out of the oven and let them cool for 3-4 minutes. Then make a slit in the top. With a fork, open the split and lightly fluff the insides to make space for the toppings.
6. Then add filling ingredients among the 4 sweet potatoes. Drizzle with honey and enjoy hot.



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Grocery List

- Sweet potato
- Chickpeas
- Shredded brussels
- Apple
- Golden raisins
- Beets
- Goat cheese
- Chopped walnuts
- Olive oil
- Honey

Kitchen Equipment

- Baking sheet
- Cutting board
- Fork
- Chef's knife
- Measuring cups & spoons
- Colander
- Spoon

Per serving: Calories 414; Total Fat: 13g; Saturated Fat: 3g; Sodium: 357mg; Total Carbohydrates: 66g; Fiber: 11g; Protein: 9g

Prep tip

- To Store: Place cooked and cooled stuffed sweet potatoes in an airtight storage container in the refrigerator for up to 3 days.
- To Reheat: Gently rewarm leftovers in the oven at 350°F on a foil-lined baking sheet until heated through. You can also reheat leftovers in the microwave on a microwave-safe plate until warm.
- To Prep: You can always prepare the sweet potatoes themselves ahead of time and stuff them just before serving.

Nutrition Information

- Sweet potatoes are sweet and creamy and rich in fiber, vitamins and minerals like vitamin C and iron, and antioxidants like beta-carotene which is beneficial for skin and eye health, reduce inflammation and prevent from chronic disease.
- Chickpeas are a great plant source of protein and contains fiber which makes it a filling food that can aid in lowering appetite and leaving you feeling fuller longer between meals and snacks.

Notes