



Stuffed Sweet Potato stuffed with Spinach and Chickpeas

Yield: 8 Servings

Cost Per Serving: N/A

Cook Time: 1 hour

Ingredients:

- 4 Medium Sweet Potatoes
- 1 (15oz can) Chickpeas (drained and rinsed)
- 1 cup spinach
- 2 green onions
- 4 Tbsp extra virgin olive oil (divided)
- 2 Tbsp light tub margarine
- 2Tbsp tahini
- ½ Tbsp less sodium soy sauce
- 1 Tbsp lime juice
- 1 tsp maple syrup
- 2 tsp chili crunch

Directions:

1. Wash sweet potatoes, rub with olive oil and roast at 400°F for 30-40 minutes or until knife is easily inserted.
2. Combine all ingredients for the stuffing and heat on stove top until onions are translucent, spinach is wilted, and chickpeas are heated through.
3. Combine olive oil and margarine and heat until melted. Add tahini, soy sauce, lime juice and maple syrup and warm over medium heat.
4. Cut potatoes in half lengthwise and slice into cubes leaving the skin on.
5. Divide the stuffing onto potatoes.
6. Drizzle each potato with the dressing and top with a ½ tsp of chili crunch, serve warm.