

# Mediterranean Sweet Potatoes

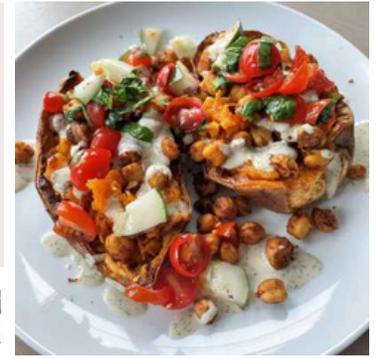
SERVINGS  
4

PREP TIME  
5 MIN

COOK TIME  
30 MIN

TOTAL TIME  
35 MIN

Savor the delight of creamy baked sweet potatoes, spiced chickpeas, and zesty tahini-dill sauce, topped with a refreshing garden medley for a satisfying blend of textures & flavors.



**ORGANIZING**  
a Plant Based Life.com

## Ingredients

## Directions

1

- 4 Large Sweet Potatoes
- Olive Oil

### SWEET POTATOES:

- Preheat oven to 400°.
- Scrub potatoes and cut in half (lengthwise). Drizzle the inner side with a bit of olive oil and place cut side down on baking sheet.
- Roast for approximately 30 min to desired creamy texture. Fork will easily pierce skin when fully cooked.
- ✧ *Cook time will vary according to size, so check with fork starting at 20 minutes.*

2

- Olive Oil
- 1 Can Chickpeas
- ½ tsp EACH Cumin, Garlic, Cinnamon & Paprika
- Salt & Pepper to taste

### CHICKPEAS:

- Drain and rinse chickpeas.
- Drizzle a little olive oil on chickpeas and add spices.
- Sprinkle with salt and pepper to taste and mix until combined.
- Roast for approximately 20-25 minutes (or AirFry at 400° for 10 minutes).
- ✧ *Extend cook time slightly for a crispier texture.*

3

- ½ C Tahini
- 2 T Lemon Juice
- 2 tsp Dried Dill
- ½ tsp Garlic Powder
- ¼ tsp Salt
- 2 to 4 tbsp Non-Dairy Milk to Thin (as needed)

### TAHINI-DILL SAUCE:

- ✧ This makes a sizeable amount of sauce for those who prefer a hearty amount of sauce. Cut in half if you just want a small drizzle for each serving.
- Mix all ingredients together.
- Thin the mixture to desired consistency by adding small amount of non-dairy milk or water until consistency is achieved.
- Taste and adjust spices according to your preferences.

4

- 1 Cucumber
- Handful Cherry Tomatoes
- Handful Spinach
- Lemon Juice
- Dash of Salt

### GARDEN TOPPING:

- ✧ This is just a guide for a tasty topping, feel free to adjust as you prefer.
- Peel and dice cucumber.
- Halve tomatoes.
- Shred spinach.
- Combine together with a drizzle of lemon juice and a few sprinkles of salt.

### SERVE:

- Mash the sweet potato inside the shell (or remove from shell).
- Add the chickpea mixture and the tahini-dill sauce.
- Top with the garden topping.
- Salt & pepper to taste.