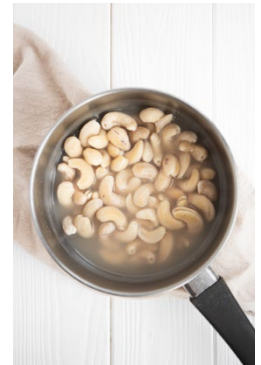




Healthy Eating: Roasted Chickpea Stuffed Sweet Potatoes with Cilantro-Garlic Cashew Sauce

This month's recipe is incredibly filling, delicious, creamy, and decadent — everything desirable in a savory dish. The roasted chickpeas give this dish some nice body and texture against the roasted sweet potato and smooth cashew sauce. This dish can act as both a side dish or as a main course!



INGREDIENTS

- 2 (15-ounce) cans of chickpeas, drained and patted dry
- 2 tablespoons of extra virgin olive oil
- 1 teaspoon of salt
- 1 teaspoon of cracked black pepper
- 4 medium sweet potatoes, scrubbed clean and pricked all over with a fork

Cilantro-Garlic Cashew Sauce

- 1 cup of raw cashews, soaked in water for 2 hours
- 1 cup of water
- ½ bunch cilantro
- ½ lime juice
- 2 garlic cloves
- Salt and pepper to taste

INSTRUCTIONS

1. Preheat oven to 400 degrees F.





2. Place the chickpeas, oil, cumin, salt, and pepper into a mixing bowl and toss together. Spread in a single layer, onto a parchment-lined baking sheet and roast on the lower oven rack for about 20 minutes, shaking the baking sheet occasionally to avoid sticking.
3. Remove from oven and set aside until ready to use.
4. Place prepared sweet potatoes directly onto the top oven rack and roast until tender; approximately 40-50 minutes (this should be done while the chickpeas are put in the oven).
5. While the chickpeas and sweet potatoes are roasting, drain the cashews and place them in a blender with the remaining ingredients. Blend on high until the sauce is completely smooth, about 2 to 5 minutes depending on the blender. Generously season with salt and pepper and pulse a few times to fully incorporate the seasonings.
6. To serve: Spilt each sweet potato down the center and scoop the chickpeas into each sweet potato. Drizzle each with the cashew sauce and serve, with more sauce on the side.



Servings: 4

Calories: 791

Recipe Credit: Jenny Park (www.spoonforkbacon.com)

