



From Our Kitchens

Mediterranean Baked Sweet Potatoes

Serves 4

Ingredients

- 4 medium (~1/3 lb each) sweet potatoes
- 1 15-ounce can chickpeas (rinsed and drained)
- 1/2 Tbsp olive oil
- 1/2 tsp each cumin, coriander, cinnamon, smoked (or regular) paprika

- Pinch of salt

GARLIC SAUCE

- 1/4 cup hummus
- 1/2 medium lemon, juiced
- 2 cloves garlic, minced (2 cloves yield ~1 Tbsp)
- Water (to thin)

- salt and pepper to taste

TOMATO TOPPING

- 1/4 cup cherry tomatoes (diced)
- 1/4 cup chopped parsley (minced)
- 2 Tbsp lemon juice
- Pinch of salt

Instructions

1. Preheat oven to 400 degrees F and line a large baking sheet with foil.
2. Rinse and scrub potatoes and cut in half, length-wise. This will speed up cooking time.
3. Toss rinsed and drained chickpeas with olive oil and spices and place on a foil-lined baking sheet.
4. Rub the sweet potatoes with a bit of olive oil and place face down on the same baking sheet (or another foil-lined baking sheet if necessary).
5. While the sweet potatoes and chickpeas are roasting, prepare your garlic sauce by adding all ingredients to a mixing bowl and whisking to combine, only adding enough water to thin so it's pourable. Taste and adjust seasonings as needed.
6. Prepare the tomato topping by tossing tomato and parsley with lemon juice and salt and setting aside to marinate.
7. Once sweet potatoes are fork tender and the chickpeas are golden brown - roughly 25 minutes - remove from oven.
8. For serving, flip potatoes flesh-side up and smash down the insides a little bit. Then top with chickpeas, sauce and parsley-tomato garnish. Serve immediately.