

Mediterranean Sweet Potato Boats

Instructions

1. Halve the sweet potatoes and coat each half with olive oil and salt. Lay the sweet potato halves face down on one half of a baking sheet and roast for 30 minutes at 400 degrees.
2. Drain and rinse the chickpeas. Add the chickpeas to a bowl with 1 tablespoon of olive oil, cumin, coriander, garlic powder, and paprika, and toss to coat. Remove the potatoes from the oven and add the chickpeas to the other half of the baking sheet to roast. Cook for another 15-25 minutes until the potatoes are soft and the chickpeas are crunchy.
3. In a small bowl, stir together the lemon juice, hummus, dill, and minced garlic until combined. Thin with water if the sauce is too thick to drizzle. Add more lemon juice, salt, and pepper as desired.
4. Finely chop the red onion, grape tomatoes, and parsley, and combine in a small bowl.
5. Gently make a crater in each sweet potato and fill with the roasted chickpeas. Add the onion and tomato mixture on top and drizzle with the lemon juice and hummus sauce. Enjoy!

Ingredients

- 2-3 sweet potatoes
- 2-3 tablespoons of olive oil, divided
- 1 can of chickpeas
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon garlic powder
- 1/2 teaspoon paprika
- Lemon juice from half a lemon
- 1/2 cup of hummus
- 1-2 teaspoons dried dill
- 2-3 cloves of garlic, minced
- Salt and pepper, to taste
- 1 red onion
- 1 package of grape tomatoes
- 1/3 cup of parsley

Grocery List

Produce

- 2-3 sweet potatoes
- 1 bulb of garlic
- 1 lemon
- 1 small red onion
- 1 package of grape tomatoes
- 1 bunch of parsley

Pantry

- Olive oil
- Salt
- Pepper
- Cumin
- Coriander
- Garlic powder
- Paprika
- Dried dill

Canned Goods

- 1 package of plain hummus
- 1 can of chickpeas