

Spiced Chickpea and Spinach Stuffed Sweet Potato

A hearty vegetarian main dish featuring a roasted sweet potato filled with a flavorful spiced chickpea and spinach sauté. This meal is nutritious, filling, and easy to prepare.



Main Dish

50 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 1 medium sweet potato
- 1/2 cup canned chickpeas, drained and rinsed
- 1 cup fresh spinach leaves
- 1 small garlic clove, minced
- 1/4 tsp ground cumin
- 1/4 tsp smoked paprika
- 1 tbsp olive oil
- Salt and pepper to taste
- 1 tbsp plain yogurt (optional)
- Fresh lemon juice (a squeeze)

Steps

- 1 Preheat the oven to 400°F (200°C).
- 2 Prick the sweet potato several times with a fork and place it on a baking sheet. Roast for 45 minutes, or until tender.
- 3 While the potato roasts, heat olive oil in a skillet over medium heat.
- 4 Add minced garlic and sauté for 1 minute until fragrant.
- 5 Add chickpeas, cumin, smoked paprika, salt, and pepper. Cook for 5 minutes, stirring occasionally.
- 6 Add spinach leaves and cook until wilted, about 2 minutes.
- 7 Once the sweet potato is cooked, slice it open lengthwise and fluff the inside with a fork.
- 8 Spoon the chickpea and spinach mixture into the sweet potato.
- 9 Drizzle with a squeeze of lemon juice and a dollop of yogurt if using.
- 10 Serve warm.