

Spiced Walnut and Chickpea Stuffed Sweet Potato

A hearty and nutritious main dish featuring roasted sweet potato filled with a savory blend of spiced walnuts and chickpeas.

This meal combines crunchy nuts with creamy textures and warm spices for a satisfying and wholesome dinner.



Main Dish

55 min

Total time

Easy

Difficulty

450

kcal / serving

Ingredients

- 1 medium sweet potato
- 1/4 cup walnuts, chopped
- 1/2 cup canned chickpeas, drained and rinsed
- 1 tbsp olive oil
- 1/4 tsp ground cumin
- 1/4 tsp smoked paprika
- 1/8 tsp cayenne pepper (optional)
- Salt and black pepper to taste
- 1 tbsp fresh parsley, chopped
- 1 tbsp Greek yogurt or plant-based yogurt (optional)

Steps

- 1 Preheat the oven to 400°F (200°C).
- 2 Wash the sweet potato and prick it a few times with a fork. Place it on a baking sheet and roast for 45 minutes or until tender.
- 3 While the sweet potato is roasting, heat olive oil in a pan over medium heat.
- 4 Add the chopped walnuts and toast them lightly for 2-3 minutes.
- 5 Add chickpeas, cumin, smoked paprika, cayenne pepper, salt, and pepper. Cook for 5 minutes, stirring occasionally, until chickpeas are heated through and spices are fragrant.
- 6 Remove from heat and stir in fresh parsley.
- 7 Once the sweet potato is done, slice it open lengthwise and fluff the inside with a fork.
- 8 Spoon the walnut and chickpea mixture into the sweet potato.
- 9 Top with a dollop of Greek yogurt if desired and serve warm.