



Sweet Potato Chickpea Buddha Bowl

Yield: 3 Servings

Cost Per Serving: N/A

Cook Time: 30 minutes

Ingredients:

Vegetables

- 2 Tbsp olive oil
- ½ medium red onion (sliced in wedges)
- 2 small, sweet potatoes (halved)
- 1 bundle broccoli (large stems removed and chopped)
- 2 bug handfuls kale
- ¼ tsp salt
- ¼ tsp pepper

Chickpeas

- 1 (15oz) can chickpeas (drain, rinsed)
- 1 Tbsp olive oil
- 1 tsp cumin
- ¾ tsp chili powder
- ¾ tsp garlic powder
- ¼ tsp salt
- ¼ tsp pepper
- ½ oregano
- ¼ tsp turmeric

Tahini Sauce

- ¼ cup tahini
- 1 Tbsp maple syrup
- 1/3 medium lemon (juiced)
- 2-4 Tbsp hot water

Directions:

1. Preheat oven to 400 degrees F and arrange sweet potatoes and onions on a bare baking sheet. Drizzle both with a bit of oil, making sure the flesh of the sweet potatoes is well coated and placed skin side down on the sheet.
2. Bake for 10 minutes, then remove from oven, flip sweet potatoes and add broccoli. Drizzle broccoli with a bit of oil and season with a pinch each salt and pepper.

3. Bake for another 8-10 minutes, then remove from oven and add kale. Drizzle kale with a touch more oil and season with a pinch each salt and pepper. Bake for another 4-5 minutes then set aside.
4. While vegetables are roasting, heat a large skillet over medium heat and add chickpeas to a mixing bowl and toss with seasonings.
5. Once hot, add 1 Tbsp oil and chickpeas and sauté, stirring frequently. If they're browning too quickly, turn down heat. If there isn't much browning going on, increase heat.
6. Once the chickpeas are browned and fragrant, remove from heat and set aside.
7. Prepare sauce by adding tahini, maple syrup and lemon juice to a mixing bowl and whisking to combine. Add hot water until a pourable sauce is formed. Set it aside.
8. To serve: slice sweet potatoes into bite size pieces. Divide vegetables between 3 serving bowls and top with chickpeas & tahini sauce.
9. Best when fresh, though leftovers will keep for a few days in the fridge.

Recipe adapted from: <https://minimalistbaker.com/sweet-potato-chickpea-buddha-bowl/>