

ROASTED SWEET POTATOES AND CHICKPEAS

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 10 (Serving Size = 1/2 cup)

Nutrition (per serving)

Calories: 90.5

Total Fat: 3.5 g

Saturated Fat: 0.5 g

Sodium: 4.3 mg

Total Carbohydrate: 12 g

Dietary Fiber: 1.4 g

Protein: 2.5 g

PREP TIME: 5 min

COOK TIME: 35 min

TOTAL TIME: 40 min



Ingredients

1 15 ounce can chickpeas

2 cups sweet potatoes, cubed

2 whole garlic cloves, thinly sliced or minced

2 tablespoons olive oil

1 pinch salt

1 pinch ground black pepper

Optional: cumin, paprika, chili powder, or cinnamon



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Directions

1. Prep oven: Preheat to 400 degrees F.
2. Prep vegetables: Wash sweet potatoes. Cut the ends from sweet potatoes, then cut them into small 1/2-inch cubes for roasting (you do not need to peel them before roasting). Open and drain can of chickpeas (Rinse chickpeas if they are not labeled as no-salt added).
3. Roast vegetables: Arrange the cut sweet potatoes and the drained chickpeas on a roasting pan and drizzle with olive oil, tossing the vegetables to completely cover with oil and sprinkle with garlic, salt, and pepper (and other spices, if desired). Place sheet pan in the oven and roast for 35 minutes, stirring partway through to brown all sides. Check on chickpeas at about the 20-minute mark; if they seem done, remove them from baking sheet and continue to cook the sweet potatoes until they're brown and beginning to crisp.
4. Serve vegetables: Remove pan from oven, arrange vegetables on a plate and serve as a side dish or let cool and use as a salad topping.