

Tomato Chickpea Stuffed Potato

8 ingredients · 35 minutes · 6 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Brush the flesh of the sweet potato halves with oil. Bake face-down on the baking sheet for 20 to 30 minutes, or until tender.
3. Meanwhile, heat a pan over medium-high heat. Cook the onions and garlic in the balsamic vinegar until soft. Add the tomatoes and chickpeas and cook until warmed through, about five minutes. Stir in half the green onions and set aside.
4. Divide the sweet potato halves onto plates and top with the tomato chickpea mixture. Garnish with the remaining green onions and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals half a medium sweet potato topped with approximately one cup of the chickpea mixture.

Ingredients

- 3 Sweet Potato (medium, halved lengthwise)
- 1 **tbsp** Extra Virgin Olive Oil
- 1 Sweet Onion (small, sliced)
- 2 Garlic (cloves, minced)
- 2 **tbsps** Balsamic Vinegar
- 1 **1/2 cups** Crushed Tomatoes (from the can)
- 2 **cups** Chickpeas (cooked)
- 2 **stalks** Green Onion (sliced, divided)

Nutrition

Amount per serving

Calories	210	Calcium	83mg
Fat	4g	Iron	3mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	1g	Thiamine	0.2mg
Monounsaturated	2g	Riboflavin	0.1mg
Carbs	38g	Niacin	1mg
Fiber	8g	Vitamin B6	0.4mg
Sugar	12g	Folate	123µg
Protein	7g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	160mg
Sodium	159mg	Magnesium	61mg
Potassium	637mg	Zinc	1mg

Vitamin A	9527IU	Selenium	3µg
Vitamin C	11mg		