

# Chickpea-stuffed Sweet Potatoes

Catherine Brown, plant-based chef & culinary nutritionist at [A Seat at My Table](#)



I love these seasoned chickpeas. I also love baked sweet potatoes. Put the two together... holy moley; winner, winner, chicken dinner (except this is 100% plant-based)! Until becoming a whole foods plant-based chef, stuffed potatoes always included lots of cheese, pork (ham or bacon), sour cream and lots of sodium. I am stoked to present this healthier alternative!

Total Time: 60 minutes Prep Time: 15 minutes Bake Time: 45-55 minutes

Here's what I used for four servings:

- 1 - 15 oz can garbanzo beans
- 4 medium sweet potatoes
- 1 lemon, zested and juiced
- 2 tsp Ras el Hanout seasoning mix
- 2 tsp Madras curry powder
- 1 tsp smoked paprika
- 2 Tbsp extra virgin olive oil (EVOO)
- 1 tsp sea salt
- 4 medium/large sweet potatoes
- 4 tsp non-dairy butter alternative (I use organic [EarthBalance](#))

## **Process:**

1. Preheat oven to 400 degrees F. Wash and dry the sweet potatoes. Using a sharp paring knife, make an X at each end of the potatoes. This allows steam to escape without leaving a bunch of holes in the skin. Rub each potato with enough olive oil to coat. Wrap each potato in aluminum foil and bake for 45-60 minutes, until soft to the touch.
2. While the potatoes are cooking, make the seasoned chickpeas.
3. In a medium skillet (I like to use cast iron for even heat and the little extra iron imparted to the dish) add EVOO, lemon zest, seasonings and salt. Stir to combine.
4. Add chickpeas. Stir to coat. Put the skillet in the oven with the sweet potatoes. Bakes 25-30 minutes, stirring 1-2 times. Chickpeas should be slightly crisp on the outside, tender and moist on the inside.
5. Remove chickpeas from the oven when done. Squeeze lemon juice over all and toss. Keep warm.
6. When sweet potatoes are done (they feel soft when gently squeezed with an oven mitt-covered hand), remove from oven, allow to cool slightly. Remove foil, slice open each potato and give a slight squeeze on either end to make a pocket.
7. Fill each potato with ~1/2 cup seasoned chickpeas. Top with 1 tsp non-dairy butter.

I like to serve these stuffed potatoes with [My Favorite Green Beans](#).

## **For a different version of the chickpeas, use:**

- 2 tsp olive oil
- 2 Tbsp nut butter (I use almond)
- 2 Tbsp toasted sesame seeds
- 2 tsp smoked paprika
- 1 tsp ground cumin

- 1/2 tsp smoked salt
- zest and juice from 1 lime
- 1 Jalapeno, finely diced (seeded & deveined for less heat)