

Recipe inspired by: Spain on a Fork

Yields: 4 | 1 cup servings

Spicy Chickpeas & Sweet Potatoes

This Spanish-inspired dish is ready in 30 minutes, perfect for a family-friendly weeknight meal!

INGREDIENTS

- 3 tbsp plant-based oil
- 1 sweet potato
- 1/2 onion, finely diced
- 3 cloves garlic, chopped
- 1 tsp smoked paprika (or chili powder)
- 1/4 tsp cayenne pepper
- 2 cups of fresh tomatoes, diced (or one 15 oz canned diced tomatoes)
- 15 oz canned chickpeas, drained and rinsed
- 3 tbsp parsley, finely chopped
- salt, to taste
- black pepper, to taste

DIRECTIONS

1. Preheat oven to 410 °F.
2. Cut sweet potato into small cubes, add them into a bowl, pour in 1 tbsp oil, and season with salt & black pepper, toss together until well combined.
3. Place the sweet potatoes onto a lined baking sheet in a single layer. Bake for 20-25 minutes.
4. Meanwhile, add 2 tbsp oil to a large pan on medium heat. Once heated, add onion and garlic and stir. Once onion and garlic become fragrant (about 4 minutes), add in smoked paprika and cayenne pepper, and then add in tomatoes, chickpeas, 2 tbsp parsley, salt, & black pepper. Stir and lower to a low-medium heat.
5. After removing the sweet potatoes from the oven, stir them into the pan with the chickpeas and tomatoes.
6. After mixing all ingredients together, serve with finely chopped parsley, and enjoy!