

Sweet & Spicy Chickpea Stuffed Sweet Potato

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 2 sweet potatoes, peel on (preferably organic)
- 1 package Wholly Veggie Sweet & Spicy Chickpeas
- 1/2 ripe avocado, cubed
- Garnish with chopped cilantro or parsley

Instructions:

1. Preheat oven to 400F. Line a sheet pan with parchment paper.
2. Using a fork, poke multiple holes into the sweet potatoes. Place sweet potatoes on to sheet pan. Bake for approximately 1 hour or until sweet potatoes are soft.
3. Meanwhile, remove Wholly Veggie Sweet & Spicy Chickpea bag from freezer. Follow package instructions for heating.
4. Remove sweet potatoes from oven and carefully cut a slice in the top of the potato lengthwise. Using your hands, (you might need to let it cool slightly) squeeze the outside of the potato and create a little pocket for the mixture.
5. Spoon mixture equally between 2 sweet potatoes. Enjoy right away! Refrigerate for up to 3 or 4 days.

Notes:

Serves 2. Wholly Veggie can be found at Whole Foods and Metro grocery stores. For a full list of stores, please check their website: www.whollyveggie.com/