

Sweet Potato and Chickpea Salad – Makes 4 servings

<https://www.eminencenutrition.com/sweet-potato-and-chickpea-salad>



Ingredients:

- 2 Sweet potatoes, diced into cubes (~1½ cups)
- 2 tsp. Paprika
- Olive oil, to taste
- Salt and pepper, to taste
- 1 cup Uncooked quinoa
- 1 (19oz) can Chickpeas, drained and rinsed
- 2 tsp. Chili powder
- 1½ tbsp. Maple syrup
- ½ cup Pumpkin seeds
- 1 crown Broccoli, cut into florets
- 1 bunch Kale, ripped into bite sized pieces

Dressing:

- Juice from 1 lemon (~3 tbsp.)
- 2 tbsp. Maple syrup
- 2 tbsp. Olive oil

Directions:

1. Preheat oven to 400F.
2. Toss sweet potatoes in some olive oil and bake for ~25-30 minutes or until easily pierced with fork.
3. Mix quinoa with 2 cups of water. Bring to a boil uncovered, then simmer covered on low temperature for ~20 minutes.
 - a. Or cook in a rice cooker.
4. Toss the chickpeas with the chili powder and maple syrup and bake on a large cookie sheet for 20 minutes.
5. When there is 10 minutes left on the timer for the chickpeas, add the pumpkin seeds to the same baking sheet and bake together for the remaining 10 minutes.
6. Steam the broccoli for ~6 minutes or until desired tenderness.
7. While everything is cooking, start making the dressing. Taste and adjust ingredients depending on preference of flavour. Pour the dressing over kale and massage the kale for about 1-2 minutes (this makes it easier to chew and enjoy since kale is quite tough).
8. Once everything is done enjoy right away or portion out if you are meal prepping.
 - a. If you are meal prepping: portion out each of the ingredients, except for the kale, into containers. Before consuming, reheat the your container and then toss in the kale.
9. Enjoy 😊