

Baked Sweet Potato with Feta + Kale

The perfect healthy comfort food.



INGREDIENTS:

- 2 Sweet Potatoes
- 2 can chickpeas
- 1 small red onion, sliced
- 2 tablespoons red wine vinegar
- 1 oz of crumbled feta
- 1 tbsp extra virgin olive oil
- Chili flakes, optional
- 1 cup chopped kale
- 1 tablespoon pumpkin seeds
- 1/2 cup arugula

DIRECTIONS:

1. Preheat oven to 350F.
2. Poke holes in sweet potatoes with a fork. Roast in a roasting pan or sheet for 40 minutes.
3. Add the chickpeas to the pan and roast for an additional 10 minutes or until the potatoes are tender and the chickpeas are slightly crispy.
4. While potatoes are roasting, place onions in a bowl with vinegar and a pinch of salt and sugar to quick pickle.
5. In a separate bowl from the onions, place the feta with olive oil and chili flakes (if using).
6. When the potatoes are done, start to cook the kale. Place the kale in a pan on the stovetop over medium-low heat and cook until wilted, about 3 minutes.
7. Slice open the potatoes lengthwise. Be careful of any steam!
8. Top the potatoes with kale, pickled onion, chickpeas, feta and pumpkin seeds.

Source: bbcgoodfood.com



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