



Sweet Potato Chickpea Hash

Looking for an exciting and new addition to your meals? Look no further! Let me introduce you to this Sweet Potato Chickpea hash recipe! This Mediterranean-inspired side dish combines the earthy flavors of sweet potatoes, sautéed onions, and bell peppers with the protein-packed goodness of chickpeas. I love this Mediterranean-inspired recipe because it's packed with plant-based protein from chickpeas. Sweet potatoes form the base of our hash and are a fibre-rich source of complex carbohydrates. Fiber supports digestion, overall gut health and, when paired with protein, helps you feel full and satisfied.



Recipe makes x 2-4 servings (2 as entrée, 4 as side dish)

Prep time: 10 minutes

Cook time: 20 minutes

INGREDIENTS

1 medium sweet potato, diced into bite-sized pieces

1 can no salt added chickpeas, drained and rinsed

1 bell pepper, chopped

½ onion, chopped

Seasonings: ½ tsp garlic powder, ½ tsp onion powder, ½ tsp chili powder, ½ tsp paprika, ¼ tsp cumin, salt and black pepper (to taste), ½ tsp crushed red pepper flakes (optional)

INSTRUCTIONS

1. Preheat oven to 400 degrees F. Line a baking sheet with parchment paper and set aside. In a medium bowl, combine sweet potatoes with all seasonings listed until fully coated. Spread evenly on baking sheet and bake until browned and soft, about 20 minutes.
2. In a large pan, sauté onions and peppers until soft, about 5 minutes. Add drained chickpeas and stir to combine. Season with salt and pepper to taste. Set aside.
3. When sweet potatoes are done, add to sauteed veggies and chickpeas. Stir to combine.
4. Optional: crumble with feta cheese and a drizzle of balsamic glaze. Serve hot and enjoy!

Tip: This recipe stands up great in the fridge for leftovers or meal prep! Craving brunch? Serve this hash with eggs (cooked your favourite way) for a balanced and satisfying start to your day!