



Chefs4You
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Baked Sweet Potatoes with Coconut Curry Chickpeas

Adapted from Fine Cooking Magazine

Creamy, earthy, fragrant, and filling, this is a fantastic vegetarian option.

Serves 4



Ingredients:

- 4 medium sweet potatoes (about 2-3/4 lb.)
scrubbed and pricked all over with a fork
- 1 1/2 cups well-shaken coconut milk
- 1 Tbs. Thai red curry paste
- 1/2 tsp. ground turmeric
- 1 Tbs. coconut oil
- Kosher salt
- 1 15-oz. can chickpeas, *rinsed and drained*
- 4 scallions, sliced, *whites and greens separated*
- 2 tsp. fresh lime juice
- 1 Tbs. thinly sliced fresh basil, *preferably Thai basil*
- Lime wedges, for serving (optional)

Directions:

1. Position a rack in the center of the oven and heat the oven to 400°F.
2. Bake the sweet potatoes on a foil lined rimmed baking sheet in a 400°F oven for about 1 hour. Set aside to cool slightly.
3. Sauté the sliced white onions in the coconut oil; add Thai Red curry paste and stir into the onions. Add the chickpeas and turmeric; add the coconut milk. Simmer until thickened then keep warm on low heat until sweet potatoes are baked.
4. Using a paring knife, split each sweet potato open lengthwise, and taking care not to cut all the way through. Gently and carefully (they will be hot), press the short ends of each potato together to expose the soft flesh. Season to taste with salt and the lime juice, and gently toss and fluff the flesh with a fork to create a nice crater for the filling.
5. Use a spoon to distribute the chickpea curry mixture among the potatoes. Garnish the potatoes with the scallion greens and basil, and serve with the lime wedges on the side, if using.



SWEET POTATO FACTS:

High nutritional value - A 1 cup serving of sweet potatoes contains 65% of the minimum necessary daily amount of **Vitamin C**. They are so nutritionally rich and high in **calcium, folate, potassium and beta-carotene**, an antioxidant which converts to **Vitamin A** in the body which is good for your skin. The substances on many pricey skin-care products like retinol and retinoic acid are actually derived from Vitamin A. Sweet potatoes high potassium content means they can alleviate muscle cramps which are often related to potassium deficiency. During times of stress, the body uses more potassium, so eating sweet potatoes can help protect you from the negative health effects of tension. **To gain the maximum health benefits from eating sweet potatoes, avoid discarding their skins -- much of their healing potential resides in this portion of the tubers.**

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