GLUTEN-FREE RECIPE

Sheet-Pan Sweet Potato & Chickpea Bowls



Prep 15 min | Cook 30 min | Serves 4 | Gluten free, vegan

INGREDIENTS

For the Sheet Pan:

- **2 medium sweet potatoes, cut into 3/4-inch cubes**
- **1 can (15 oz) chickpeas, rinsed, drained and patted dry**
- **1 small red onion, cut into wedges**
- **2 tablespoons olive oil**
- **1 teaspoon smoked paprika**
- **1 teaspoon ground cumin**
- **1/2 teaspoon garlic powder**
- **Salt and pepper to taste**

For the Lemon-Tahini Drizzle:

- **3** tablespoons tahini
- **2** tablespoons lemon juice
- **1 small clove of garlic (minced)**
- **2–4 tablespoons warm water**
- **A pinch of salt**

For the Bowls:

- **2** cups cooked quinoa (or brown rice)
- **2** cups chopped kale or baby spinach
- **Sesame seeds and chopped parsley to finish**

INSTRUCTIONS

1. **Heat the oven:** Preheat to 425°F (220°C) and line a large sheet pan with parchment.
2. **Season:** Toss the sweet potatoes, chickpeas and onion with olive oil, paprika, cumin, garlic powder, salt and pepper right on the pan.
3. **Spread out:** Arrange everything in a single layer with a little space in between. Crowding steams; space crisps!
4. **Roast:** Bake for 25–30 minutes, flipping halfway, until the sweet potatoes are golden and the chickpeas are crisp.
5. **Whisk the drizzle:** While it roasts, whisk the tahini, lemon juice, garlic and salt. Add warm water a tablespoon at a time until it's pourable.
6. **Massage the greens:** Rub the kale with a pinch of salt and a squeeze of lemon for a minute so it softens.
7. **Build the bowls:** Divide the quinoa and greens among 4 bowls, pile on the roasted goodies, drizzle generously and sprinkle with sesame seeds and parsley.