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Sweet Potato Bowl with Yogurt Tahini Sauce

Prep time: 30 minutes

Servings: 2

This is my go-to dinner – a hearty bowl full of wholesome comfort foods topped with a yogurt tahini sauce and ready in less than 30 minutes. This recipe was adapted from the Sweet Potato Chickpea Buddha Bowl recipe by Minimalist Baker. I added Green Valley Creamery plain yogurt for a creamier smoother tahini sauce. Tip: make a larger batch of yogurt tahini sauce to keep in your fridge for a quick condiment on any meal.

Aura Aguilar, Santa Rosa, CA

Ingredients

Vegetables:

2 Tbsp. olive oil

2 large sweet potatoes, halved

1 bundle broccolini, chopped

2 big handfuls kale, larger stems removed

Salt and pepper to taste

Chickpeas:

15 oz. (1 can) chickpeas, drained, rinsed, patted dry

1 tsp. cumin

$\frac{3}{4}$ tsp chili powder

$\frac{3}{4}$ tsp garlic powder

$\frac{3}{4}$ tsp paprika

$\frac{1}{2}$ tsp oregano (optional)

Salt and pepper to taste

Yogurt Tahini Sauce:

½ cup Green Valley Creamery Lactose-Free Whole Milk Plain Yogurt

½ cup tahini

1 Tbsp. maple syrup

½ - 1 lemon, juiced

2-4 Tbsp. hot water to thin

Instructions

1. Preheat oven to 400°F and arrange sweet potatoes on a baking sheet. Drizzle with a bit of oil, making sure the flesh of the sweet potatoes are well coated and placed skin side down on the sheet.
2. Bake for 10 minutes, then remove from oven. Flip sweet potatoes and add broccolini. Drizzle broccolini with a bit of oil and season with a pinch of salt and pepper.
3. Bake for another 8-10 minutes, then remove from oven and add kale. Drizzle kale with a touch more oil and season with a pinch each salt and pepper. Bake for another 4-5 minutes then set aside.
4. While vegetables are roasting, heat a large skillet over medium heat and add chickpeas to a mixing bowl and toss with seasonings.
5. Once hot, add 1 Tbsp. oil and chickpeas and sauté over medium heat for about 10 minutes, stirring frequently. If they're browning too quickly, turn down heat.
6. Once the chickpeas are browned and fragrant, remove from heat and set aside.
7. Prepare sauce by adding yogurt, tahini, maple syrup and lemon juice to a mixing bowl and whisking to combine. Add hot water until a pourable sauce is formed. Set aside.
8. To serve: divide vegetables amongst 2-3 plates and top with tahini sauce.

Recipe adapted from Minimalist Baker's [Sweet Potato Chickpea Buddha Bowl](#).