

BBQ Chickpea Stuffed Sweet Potato

Web Recipe · Lunch · GF

475 cal · 21g protein · 72g carbs · 11g fat · 4 servings

Ingredients

- 4 medium sweet potatoes
- 1 can (15 oz) chickpeas drained and rinsed
- 1 cup dry quinoa cooked
- 1/3 cup BBQ sauce
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1/2 tsp garlic powder
- 1 cup corn kernels
- 1/2 cup red onion diced
- 2 tbsp nutritional yeast
- 3 tbsp vegan mayo
- 1 tbsp lemon juice
- 1 tsp dried dill

Instructions

1. Preheat oven to 400°F (200°C). Pierce sweet potatoes with a fork and bake 45-50 minutes until tender.
2. Meanwhile, toss drained chickpeas with olive oil, smoked paprika, and garlic powder. Spread on a baking sheet and roast 20-25 minutes until crispy.
3. Toss roasted chickpeas with BBQ sauce.
4. Cook quinoa according to package directions.
5. Make the ranch drizzle: whisk vegan mayo, lemon juice, dried dill, garlic powder, and plant milk until smooth.
6. Split baked sweet potatoes and fluff the insides. Top with quinoa, BBQ chickpeas, corn, red onion, and nutritional yeast.
7. Drizzle with ranch sauce and garnish with green onions.

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