

“Yammy” Sweet Potato & Chickpea Salad

Chris Kalinich of *Plant 2 Platter*

Yields: 4 – 6 servings



INGREDIENTS

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| 1 large | sweet potato, cut into 4" x 2" pieces (skin left on) |
| 1 15-oz. | can low-sodium chickpea/garbanzo beans, drained (KEEP LIQUID) |
| 1 | green bell pepper, diced |
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| 1 Tbsp. | Dijon mustard |
| 1 Tbsp. | apple cider vinegar |
| 2 tsps. | prepared horseradish |
| 2 Tbsps. | tahini |
| 2 Tbsps. | nutritional yeast flakes |
| 1 ½ tsps. | fresh ginger, minced or 1/8 tsp. ground ginger |
| ¼ - ½ tsp. | turmeric, ground (based on taste preference) |
| 2 Tbsps. | chickpea liquid or water to reach desired consistency |
| 2 Tbsps. | plant-based milk (i.e. unsweetened soy or cashew) |
| to taste | salt & pepper (suggested ¼ tsp. salt and ¼ tsp. pepper) |
| | |
| 1 handful | golden raisins (optional) |
| 3 Tbsps. | cilantro, chopped finely – more for garnish |

INSTRUCTIONS

1. Cook the sweet potato pieces in a steamer basket placed inside of a large pot holding 1" of liquid. Get the water boiling, then place the lid on the pot and reduce to medium heat. Cook the sweet potato until fork-tender but still firm...about 8-10 minutes. Remove steamer basket from pan so they don't continue to cook. When cooled, slice sweet potatoes into preferred bite-size pieces.
2. Place the chickpeas in a medium-size bowl and mash roughly, leaving some beans intact. Add cooked sweet potato pieces and green bell pepper to the bowl and combine.
3. In a separate small bowl, place the Dijon mustard, apple cider vinegar, horseradish, tahini, nutritional yeast, ginger, turmeric, chickpea liquid, and plant-based milk. Mix until smooth. Add dressing mixture to the larger bowl with the sweet potato, chickpeas, and green bell pepper. Fold in the dressing, adding optional raisins, if desired, and the cilantro. Enjoy!

SERVING SUGGESTIONS

Dish may be served room temperature, cold or hot.

Feel free to experiment! Add other spices (e.g., smoked paprika), add some capers, drizzle on some garlic chili paste, switch out raisins for dried cranberries, etc. A yam may be used in place of the sweet potato.

You can also leave out green pepper and cilantro and whip ingredients in a food processor to make savory mashed potatoes.



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Serve as a hearty side dish with a fresh green salad and some pita bread. Serve as a spread on toasted sprouted whole wheat bread or in a wrap. Serve as your main dish, warmed on a bed of wilted greens that are drizzled with your favorite vinegar.



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