



Stuffed Sweet Potatoes

Ingredients

- 4ea Sweet Potatoes, Medium Size
- ¾ cup Quinoa, Rinsed and Drained
- 3 oz Chickpeas, Cooked
- 2 oz Walnut-Date Relish
- 1 oz Chives, Finely Chopped
- 2 oz Herb dressing
- 3 oz Maple Cream

Kitchen Tools Needed

- 12" Sauté pan (nonstick if available)
- Rubber Spatula / Flat Spoon
- Chef's Knife
- Cutting Board
- Paper Towels

At Home Ingredients

- 2 tbl Olive Oil
- 1 ¼ cup Water
- To taste Kosher Salt (for chicken & pasta water)
- To taste Fresh Ground Black Pepper (for chicken & pasta water)

Prepare to Cook

When you receive your meal prep box, remove all items and organize on your work surface. If not cooking immediately, place perishable items in the refrigerator. All other ingredients can be left out in dark dry storage till ready to cook.

When ready to cook, get your *Mise en Place* (French for 'things in place') organized on your work surface. Grab all kitchen tools and get ready to cook. BEFORE STARTING, read through each step carefully to have a game plan of how you will be cooking.

Step 1. Cooking Potatoes and Toast Walnuts

1. Preheat the oven to 400 degrees F (204 C). Poke a few holes in the sweet potatoes with a sharp knife to allow steam to escape.

2. Once the oven is hot, bake sweet potatoes directly on the oven rack (with a baking sheet below to catch any drippings) for 25 to 35 minutes, or until tender to the touch. Time will vary depending on the size of the potato.
3. For the walnuts, place on a small baking pan and toast in the oven for 10 to 12 minutes till color is golden brown and nuts become fragrant. When done, remove from the oven and let cool for later use.

Step 2. Cooking Quinoa

4. In the meantime, heat a small pot over medium-high heat. Once hot, add rinsed quinoa and toast for 3-5 minutes, or until all water is evaporated and quinoa is fragrant and slightly toasted.
5. Add water, a pinch of sea salt and bring to a simmer.
6. Then reduce heat to low and cover. Cook for 12 to 15 minutes, or until all liquid is absorbed and the quinoa is fluffy. make sure to constantly stir and reduce heat if necessary.

Step 3. Make Stuffing

7. Remove quinoa from heat and season with another healthy pinch of sea salt and stir.
8. Add chickpeas, mix thoroughly. Add herb dressing to mix and stir to incorporate, adjust seasonings as desired
9. set aside, slightly covered..

Step 4. Plating

10. To serve, split open sweet potatoes and gently press in on both ends to allow room for toppings. Fill each potato with chickpea quinoa mixture
11. Top sweet potatoes with a healthy drizzle of maple cream.
12. After the sauce has been spooned over potatoes place a dollop of the date walnut relish. Garnish with more chives, if desired.