

Sauerkraut Chickpea Bowl

4 SERVINGS 25 MINUTES



INGREDIENTS

2 Sweet Potato (medium, diced)
1/4 cup Tahini
1 1/2 tbsps Apple Cider Vinegar
2 tbsps Water
1 tsp Maple Syrup
1/8 tsp Sea Salt
4 cups Kale Leaves (tough stems removed, torn)
2 cups Chickpeas (cooked)
3/4 cup Sauerkraut

NUTRITION

AMOUNT PER SERVING

Calories	298	Carbs	42g
Fat	11g	Protein	12g

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 02 Arrange the diced sweet potato onto the baking sheet in an even layer and bake for 20 to 25 minutes, tossing halfway.
- 03 In a bowl, whisk together the tahini, apple cider vinegar, water, maple syrup, and salt. Set aside.
- 04 Divide the kale, chickpeas, sauerkraut and sweet potato into bowls. Drizzle the tahini dressing overtop and enjoy!