

CHANA MASALA STUFFED SWEET POTATO, RAITA FIT

Serving size: 1 each

Makes 6 servings

- 6 each Sweet Potatoes, small
- 3 tsp Canola Oil
- ½ cup Onion, diced
- 1 tsp Garlic, fresh, minced
- 1 tsp Ginger Root, fresh, minced
- 1/3 cup Tomatoes, fresh, chopped
- 2 tsp Coriander, ground
- ¼ tsp Cumin, ground
- ½ tsp Cayenne Pepper
- ¼ tsp Turmeric
- ½ tsp Paprika, ground
- 1 tsp Garam Masala
- 2 cans Garbanzo Beans, no sodium added
- 1 tsp Kosher Salt
- 2 ¾ tsp Lemon Juice, fresh

RAITA

- 1 cup Whole Milk Greek Yogurt
- ¼ cup Cucumber, diced small
- 1 TBSP Mint Leaves, fresh, chopped
- ¼ tsp Cumin Seed
- ½ tsp Kosher Salt

Preparation:

1. Preheat oven to 425°F.
2. Place sweet potatoes in a single layer on a sheet pan and bake for approximately 30-45 minutes or until fork tender.
3. While potatoes bake, in sauté pan, heat canola oil until shimmering. Add onions and garlic and sauté until translucent.
4. Add ginger and tomatoes and cook for 2-3 minutes or until tomatoes are softened.
5. Add coriander, cumin, cayenne, turmeric, paprika, and garam masala and cook for 1-2 minutes or until fragrant.
6. Add in garbanzo beans with liquid, Kosher salt, and lemon juice. Bring to boil, reduce heat and simmer for 15 minutes.
7. While chana masala is reducing, make the raita by mixing Greek yogurt, diced cucumber, chopped mint leaves, cumin seed, and Kosher salt in a bowl until evenly mixed.
8. To serve, slice baked sweet potato in half, lengthwise. Top with ½ cup of chana masala, and finish with ¼ cup of raita.



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For Recipe

NUTRITION FACTS PER SERVING

calories	350
total fat (g)	7
saturated fat (g)	1
trans fat (g)	0
sodium (mg)	435
total carbohydrate (g)	63
dietary fiber (g)	13
sugar (g)	17
protein (g)	13