

Greek sweet potato flats

by Violet Witchel

Ingredients

- 2 large orange sweet potatoes
- 1/2 cup hummus
- 1 can chickpeas, rinsed and drained
- 1/4 red onion, thinly sliced
- 1 pint cherry tomatoes, cut in half
- 3 Persian cucumbers, thinly sliced
- 1/2 cup vegan feta crumbles
- 1/4 cup flat-leaf parsley, minced
- 1/4 cup olive oil
- 2 tsp Italian seasoning
- Juice of 1 lemon
- Big pinch kosher salt
- 2 tbsp red wine vinegar

Instructions

1. Preheat the oven to 400°F. Use a fork to poke holes into the skin all over the surface of the sweet potatoes. Place onto a baking sheet and cook for about an hour, until the skin can be easily pierced with a fork and the insides are soft. Remove from the oven and set aside.
2. In a large bowl, mix the chickpeas, red onion, cherry tomatoes, cucumber, feta, and parsley. Add in the olive oil, Italian seasoning, lemon juice, salt, and vinegar. Toss everything together until evenly coated.
3. Cut the ends off the sweet potatoes and slice them in half vertically. With the cut side up, gently peel back the skin at the edges and press the insides down to make the surface area wider and flatter. Spread an even layer of hummus over the sweet potatoes and top with the Greek salad. Can be served warm or cold.