



Sauerkraut Chickpea Bowl

4 servings

25 minutes

Ingredients

2 Sweet Potato (medium, diced)
60 grams Tahini
22 milliliters Apple Cider Vinegar
30 milliliters Water
7 grams Maple Syrup
750 milligrams Sea Salt
84 grams Kale Leaves (tough stems removed, torn)
328 grams Chickpeas (cooked)
107 grams Sauerkraut

Directions

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

Notes

Leftovers: Store dressing separately and refrigerate in an airtight container for up to four to five days.

More Flavor: Add minced garlic and/or grated ginger to the dressing.

Additional Toppings: Microgreens, toasted sesame seeds, hemp seeds, leftover vegetables, brown rice, or quinoa.