

Sweet Potato and Chickpea Salad



Discover our delicious recipe for sweet potato and chickpea salad, a perfect combination of the sweetness of sweet potatoes and the creamy texture of chickpeas. Try this healthy and flavorful salad today!

Preparation 10 min

Cooking 30 min

Servings 6

Nutrition Facts (per serving)

Calories 380

Fat 10

Carbohydrates 61

Fibre 16

Protein 16

Sodium 390

Ingredients

Salad

- 2 sweet potatoes, diced
- 15 ml (1 tbsp) vegetable oil
- Pepper and salt to taste
- One can (540 ml) chickpeas, rinsed and drained

- One stalk of celery, diced
- 80 ml (1/3 cup) cubed pickles
- 15 ml (1 tbsp) toasted sesame seeds

Sauce

- 60 ml (1/4 cup) mayonnaise or veganaise
- 15 ml (1 tbsp) lemon juice
- 15 ml (1 tbsp) Dijon mustard
- 5 ml (1 tsp) ground cumin
- Pepper and salt to taste

Preparation

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper or a silicone mat.
2. Place potatoes in a large bowl.
3. Add oil, pepper and salt and toss well to coat each piece.
4. Spread potatoes on a baking sheet and bake for 35 minutes, stirring halfway through. Remove from the oven and let cool.
5. In a large bowl, combine all salad ingredients except toasted sesame seeds.
6. In a small bowl, combine all dressing ingredients.
7. Stir dressing into sweet potato and chickpea salad.
8. Sprinkle it with toasted sesame seeds.

Notes



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