

Roasted Sweet Potatoes and Legumes



This colorful dish, developed by a nutritionist, is perfect for a quick, nourishing, and satisfying meal. It features legumes, flavorful roasted vegetables, and a creamy hummus sauce for a simple yet satisfying combination. It's ideal for incorporating more plant-based foods into your diet while supporting your protein intake with the addition of dairy. For more inspiration, discover [how to get plenty of protein on a vegetarian diet](#).

*This recipe provides **5 mg of iron per serving**, thanks in part to the edamame beans.*

Preparation 15 min

Cooking 35 min

Servings 4

Nutrition Facts (per serving)

Calories 445

Fat 16

Carbohydrates 50

Fibre 14

Protein 26

Sodium 470

Ingredients

Base

- 375 ml (1 ½ cups) chickpeas, rinsed and drained
- 2 medium sweet potatoes, cut into cubes
- 310 ml (1 ¼ cups) Brussels sprouts, halved (or broccoli, cut into florets)
- Olive oil spray
- 5 ml (1 tsp) garlic powder (or onion powder)
- 5 ml (1 tsp) paprika
- Pepper and salt, to taste

Sauce

- 180 ml (¾ cup) store-bought or homemade hummus
- 125 ml (½ cup) plain Greek yogurt 0% M.F.
- 30 ml (2 tbsp) lemon juice

Topping

- 1 L (4 cups) arugula
- 60 ml (¼ cup) pickled red onion, thinly sliced
- 75 ml (⅓ cup) crumbled feta cheese

Preparation

1. Preheat the oven to 400°F (200°C).
2. Place the edamame, chickpeas, sweet potatoes, and Brussels sprouts on a baking sheet lined with parchment paper.
3. Spray with olive oil and sprinkle with garlic powder (or onion powder) and paprika. Season with pepper and salt.
4. Bake for 20 to 25 minutes, stirring halfway through, until the vegetables are tender and lightly browned.
5. Meanwhile, in a small bowl, mix the hummus, Greek yogurt, and lemon juice. Set aside.
6. Divide the arugula among four bowls. Add the edamame, chickpeas, sweet potatoes, and roasted Brussels sprouts.
7. Top with sauce, pickled red onion, and feta cheese.

Notes

Keeps for 4 days in the refrigerator in an airtight container. Freezes for 3 months (without the hummus base and toppings).



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