



Sweet Potato Noodles with Crispy Chickpeas

3 servings

25 minutes

Ingredients

- 1 1/4 cups Chickpeas (cooked)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1/2 tsp Smoked Paprika
- 1/4 tsp Garlic Powder
- 1/2 tsp Sea Salt (divided)
- 1/4 cup Tahini
- 2 tbsps Lemon Juice
- 2 tbsps Water
- 1 tbsp Nutritional Yeast (optional)
- 2 Sweet Potato (large, spiralized into noodles)
- 2 cups Arugula

Directions

- 1 Pat the chickpeas dry with paper towel as much as possible. Heat a cast-iron pan over medium heat and add half of the oil. Once the pan is hot, add the chickpeas and cook, stirring often until browned on all sides, about 15 minutes total. Remove and add to a large bowl and toss with smoked paprika, garlic powder and half the sea salt.
- 2 In a blender or food processor, add the tahini, lemon juice, water, nutritional yeast, remaining salt, and remaining oil. Blend on high until smooth and creamy. Set aside.
- 3 In the same pan as the chickpeas, over medium heat, add the sweet potato noodles and toss. Cook, stirring often for about 4 to 5 minutes, until softened. Then add the arugula and cook for 30 seconds longer, until just wilted. Add to the same bowl as the chickpeas and add the tahini dressing. Toss well to combine. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Leftover tahini dressing can be stored in a separate container in the fridge for up to two weeks.

Serving Size: One serving is equal to about 1 1/2 cups.

More Flavor: Add a clove of garlic to the tahini dressing.

Additional Toppings: Top with fresh herbs such as parsley, or red pepper flakes.