

Mediterranean Sweet Potatoes

Serves: 6-8

4 medium **sweet potatoes** Cut in half lengthwise and either bake face down on a piece of parchment paper for 30+ minutes until tender, OR take whole sweet potatoes, puncture skin with a sharp knife ~5 times per potato, wrap whole potatoes really well in parchment paper, and microwave all potatoes at the same time for 12-25 minutes depending on the strength of your microwave. Make sure they are tender when pierced with a fork. If not, cook more until tender. Let cool ~20 min, peel and remove skin. Slice into thick slices. Arrange them across the bottom of two 13x9" pans or one larger baking sheet.



2 1/2 cups dry **chick peas**, soak overnight, rinse, then boil for 2 hours (or pressure cook 70 min), OR use 4 cans (15-ounce) chickpeas, rinsed and drained

In very heavy wok or pot, sauté:

2 medium **red onions**

2 medium **zucchini**, thinly sliced, in:

1/2 cup **olive oil**

Sauté, stirring often, until the zucchini is tender.

Add:

2 teaspoons **sweet paprika**

1 teaspoon **cumin**

1 teaspoon **coriander**

1/2 teaspoon **cinnamon**

1/4 teaspoon **cardamom**

1 Tablespoon **salt**

Sauté for a minute or two until fragrant. Add drained chick peas and toss until spices are well incorporated. Spread chick pea mixture across the top of the sweet potatoes.

Add across the top of the chick peas:

4 medium **tomatoes**, diced

2 **cucumbers**, very thinly sliced

Tahini sauce

In a food processor add:

1 1/4 cup **tahini** paste

2/3 cup **lemon juice** (honestly, so much easier to buy it in a bottle than squeeze it by hand)

1 Tablespoon fresh **dill** or 1 tsp dried (optional if not everybody likes dill)

4 cloves **garlic**, minced, then put 1 teaspoon salt on top of the garlic on a cutting board and mash it with a fork until it turns into a paste

Food process this dressing and gradually add enough water to make it about as thin as ketchup, maybe a little thinner. Start by adding 1 cup of water, and add 1/4 cup more at a time until desired consistency. You may need 2-3 cups of water, I can't be sure. Add salt to taste, you may need another 1-2 teaspoons. Drizzle tahini dressing across the top of the mixture. Ready to serve. In the summer, start this an hour or two early so the sweet potatoes and chick peas can cool on the counter. (Not more than 3 hours for safety)