




Veggie Topped Sweet Potatoes



Ingredients

- 1T canola oil
- 4 sweet potatoes
- 2 summer squash, sliced in to coins
- 1 onion, slivered
- 1 pint whole grape tomatoes
- 1 pound frozen broccoli florets
- 1 can low-sodium black beans or chickpeas (drained and rinsed)

Directions

1. Preheat oven to 375F.
2. Poke sweet potatoes with fork several times to create steam vents, rub with canola oil, and roast until tender (~45 min).
3. Slice squash, onions and add to foil-lined sheet pan along with whole grape tomatoes and frozen broccoli, toss with olive oil. Roast until brown (~30 min).
4. Drain and rinse can of low sodium chickpeas or black beans.
5. Assembly: Slice sweet potato in half, top with roasted veggies, beans and toppings of choice.

Optional toppings:

Salsa, Salsa & Pico Salt-Free Seasoning from Penzey's Spices on the sweet potato, shredded cheese, plain greek yogurt (an excellent sour cream substitute)

Yields – 4 servings