



LENTIL KALE STUFFED SWEET POTATOES WITH CREAMY TAHINI & CAPERS

SERVES 2 OR 4

TIME: 40 MIN

CALORIES: 490/SERVING



Golden caramelized sweet potatoes are stuffed with a zingy spicy lentil kale salad and get topped with a creamy lemon tahini sauce, to create a deliciously satisfying meal.

WHAT YOU'LL NEED

- 2 baking sheets
- 2 silicone baking mats (optional)
- Small pot
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

2 servings 4 servings

Sweet potatoes	2-3	4-6
Lentils	1/2 cup	1 cup
Kale	1/2 head	1 head
Lemon	1	1
Tahini	2 tbsp	4 tbsp
Capers	1 tbsp	2 tbsp
Chili flakes	1/4 tsp	1/2 tsp



Preheat oven to 400°F and prep ingredients: rinse and soak the **lentils**, cut the **sweet potatoes** in half, roughly chop **kale**, and squeeze the **lemon**.



Place **sweet potatoes** on a baking sheet lined with a silicone baking mat or lightly greased and rub with 1 tbsp **oil** (2 tbsp for 4 servings), **salt**, and **pepper**. Place **potatoes** cut side down and bake for 25-35 minutes until tender and caramelized.



Meanwhile, drain **soaked lentils** and add to a small pot with 2 cups of **water** (4 cups for 4 servings). Bring to a boil, reduce heat to very low simmer, cover pot with a lid, and cook for 20-30 minutes until tender. Drain.



Spread **chopped kale** on another baking sheet lined with a silicone baking mat or lightly greased and season with **salt** and **pepper**. Place in oven for 5-10 minutes until tender and slightly crisp.



Combine **kale** and **lentils** in a large bowl with **half the lemon juice**, 1 tbsp **oil** (2 tbsp for 4 servings), **capers**, and **chili flakes** (optional). Taste and season with **salt** and **pepper** as needed.



Mix together **tahini** and **remaining lemon juice**. If **tahini sauce** is too thick to drizzle, slowly whisk **water** into mixture, 1 tbsp at a time. Lightly mash the **potatoes** and stuff with the **kale lentil salad**. Drizzle with **tahini sauce** and season with **salt** and **pepper**.

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Nutrition Facts		Valeur nutritive	
Per (301 g)		Pour 1 (301 g)	
Calories 490	% Daily Value*	% valeur quotidienne*	
Fat / Lipides 16 g	21 %		
Saturated / saturés 2.0 g	10 %		
+ Trans / trans 0 g			
Carbohydrate / Glucides 69 g			
Fibre / Fibres 21 g	75 %		
Sugars / Sucres 9 g	9 %		
Protein / Protéines 21 g			
Cholesterol / Cholestérol 0 mg	0 %		
Sodium 200 mg	9 %		
Potassium 850 mg	18 %		
Calcium 175 mg	13 %		
Iron / Fer 6 mg	33 %		
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			