Cumin Chickpea Stuffed Sweet Potatoes: An Eczema-Friendly Recipe

by LAUNIE KETTLER

Skin-Nourishing Eats

If your someone who suffers from eczema, it's essential to find friendly recipes that won't trigger it. One great options is cumin chickpea stuffed sweet potatoes. I first fell in love with chickpeas a few years ago when I decided to roast a random amount I had left from a can that didn't quite make it into a stew. As I blotted them with paper towels, I knew they would be a blank canvas for any flavor I would marry them with.

So, my mind meandered through my spice drawer with moderate enthusiasm as I rolled them on the baking sheet. Lemon pepper? No. Well, maybe. Garlic powder? No. Well, maybe. Turmeric? That didn't seem to be a smart plan because I was wearing a white shirt. (And if you've ever cooked with turmeric while wearing white, you know that's a humorous story waiting to happen.)

And then my mind's eye wandered to my big bottle of cumin.

Why, yes. That would be just perfect.

I tossed them with a good amount of salt and cumin, and within the amount of time it took me to decide what to watch on Netflix, voila! I had chickpeas that were crunchy on the outside, and still retained a little creaminess on the inside.

Knowing how lovely those flavors work together, I stuffed some sweet potatoes with them. Talk about gilding the proverbial lily!

Beautifully roasted chickpeas with sweet and savory potatoes drizzled with a chickpea puree? Yes, please.

These would be perfect for a Wednesday night dinner or an elegant dinner party.

But they're not only delicious, they're incredibly good for you. The potatoes are loaded with vitamin C, vitamin B, iron and minerals. Chickpeas are filled with vitamin K, folate, and manganese.

So, dig into these luscious potatoes.

Chickpea Stuffed Sweet Potatoes with Chickpea Puree

This recipe serves two.

Ingredients:

- 2 cans (15 oz.) canned chickpeas, drained, rinsed, and divided.
- 3 tablespoons olive oil, divided.

- 1½ teaspoons dried cumin.
- 1 teaspoon kosher salt, divided.
- 2 large sweet potatoes, halved.
- 1 teaspoon dried parsley.
- 1/3 cup baby arugula.

Instructions:

1. Preheat oven to 375 degrees.
2. Pour 1½ cans of the chickpeas onto a parchment-lined, rimmed baking sheet. Blot dry with paper towels. Toss with 1½ tablespoons of olive oil, cumin, and ½ teaspoon salt. Bake for 30 minutes or until browned and crispy. Shake the pan halfway through baking time.
3. Place potatoes on a microwave-safe plate, and microwave cut side up on high for 5-7 minutes, or until soft.
4. Let cool slightly, and remove the middle of the potatoes with a spoon. (A grapefruit spoon works perfectly for this.) Reserve flesh for another use.
5. Place in a baking pan, and bake cut side up for 10 minutes.
6. In a mini-food processor, process the remaining chickpeas, olive oil, salt, and parsley. Process until smooth.
7. Divide chickpeas between potatoes, garnish with arugula, and drizzle with chickpea puree.
8. Serve immediately.

Take a look at some other great eczema-friendly recipes.

(Photos by Launie Kettler.)