



Mediterranean Sweet Potatoes with Whipped Feta



INGREDIENTS

2 (8- to 9-oz.) sweet potatoes
4 tbsp Gustare Vita olive oil, divided
1 tsp kosher salt, divided
1 tsp Hy-Vee coarse-ground black pepper, divided
½ (8-oz.) Soirée traditional chunk feta, crumbled, plus additional for garnish
½ cup Hy-Vee plain Greek yogurt
1 tsp lemon zest
1 cup Hy-Vee canned no salt added garbanzo beans, drained and rinsed
1 cup Hy-Vee sweet grape tomatoes, quartered
1 small shallot, finely sliced
¼ cup Hy-Vee jumbo queen green olives, drained and sliced, plus additional 1 tablespoon brine
¼ cup Hy-Vee Greek kalamata olives, drained and sliced, plus additional 1 tablespoon brine
2 tbsp Gustare Vita capers, undrained
2 tbsp fresh mint, chopped
2 tbsp Italian parsley, chopped, plus additional for garnish
1 tsp fresh lemon juice
6 clove(s) garlic, minced
Black sesame seeds, for garnish

PREPARATION

- 1** Preheat oven to 400°. Line large rimmed baking pan with foil. Spray with nonstick spray and set aside.
- 2** Cut sweet potatoes in half lengthwise. Place, cut sides up, in prepared baking pan. Drizzle with 2 tablespoons olive oil; season with ½ teaspoon each salt and black pepper. Bake 50 to 55 minutes or until fork-tender, turning halfway through.
- 3** Place feta, Greek yogurt, and lemon zest in a food processor. Cover and pulse until smooth. With processor running, slowly pour in remaining 2 tablespoons olive oil; process 1 to 2 more minutes or until smooth. Set aside.
- 4** Combine garbanzo beans, tomatoes, shallot, green olives, Kalamata olives, 1 tablespoon each green and Kalamata olive brines, undrained capers, mint, 2 tablespoons parsley, lemon juice, garlic, and remaining ½ teaspoon each salt and pepper in a medium bowl.
- 5** To serve, top each sweet potato half with ¼ cup whipped feta and ¾ cup garbanzo bean mixture. Garnish with additional feta and parsley, if desired.

NUTRITION FACTS

Calories: 440
Total Fat: 24g
Saturated Fat: 4.5g
Trans Fat: 0g
Cholesterol: 20mg

Sodium: 1000mg
Carbohydrates: 41g
Fiber: 8g
Sugar: 9g
Protein: 15g