

*Recipe by Julia Heffelfinger*

## **Loaded Moroccan Lamb Sweet Potatoes**

*Serves 4*

*Active: 20 minutes*

*Total: 30 minutes*



Sweet potatoes are an excellent ingredient to keep on hand for when you're trying to eat better, but still crave something on the heartier side. They're packed with fiber and vitamin A (which improves your vision and immune system), and are rich with antioxidants that are good for your long term health. Here I use sweet potatoes as a base for spiced ground lamb, turmeric-tinted chickpeas and a vibrant pomegranate seed relish. If you're not a fan of lamb, or looking for a leaner protein, ground chicken and turkey are also great substitutes.

- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- ½ teaspoon ground coriander
- ½ teaspoon granulated garlic
- ½ teaspoon ground cinnamon
- ¼ to ½ teaspoon crushed red pepper
- 2 teaspoons arrowroot powder
- 2 Tablespoons olive oil
- 1 pound ground lamb
- Kosher salt and black pepper
- 1 cup rinsed and drained chickpeas
- 4 medium sweet potatoes (about 2½ pounds)
- 1 cup pomegranate seeds
- ¼ cup finely chopped red onion

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2 Tablespoons finely chopped mint, plus small leaves for garnish

1 Tablespoon fresh lemon juice, plus wedges for serving

Greek yogurt, for serving

1. In a small bowl, whisk the cumin, turmeric, coriander, granulated garlic, cinnamon, red pepper flakes and arrowroot powder with  $\frac{2}{3}$  cup of water.
2. In a large nonstick skillet, heat 1 tablespoon of the olive oil until shimmering. Add the lamb and cook over moderately-high heat, breaking up the meat with a wooden spoon, until it is browned and almost cooked through, 3 to 5 minutes. Pour off the excess fat and season with salt and black pepper. Add the spice mixture and the chickpeas and cook over moderate heat, stirring occasionally, until the lamb is cooked through and the juices have thickened, 2 to 3 minutes. Keep warm.
3. Prick the sweet potatoes all over and place on a microwave-safe plate. Microwave on HIGH for 7 to 10 minutes, turning halfway through, until the sweet potatoes are fork tender. Let cool slightly.
4. Meanwhile, in a small bowl, combine the pomegranate seeds with the red onion, chopped mint, lemon juice and the remaining tablespoon of olive oil. Season with salt.
5. Transfer the sweet potatoes to four plates. Split the potatoes down the middle and fluff up the potato with a fork. Season with salt and pepper. Spoon the spiced lamb and chickpeas over the potatoes. Top with a dollop of Greek yogurt, the pomegranate seed relish and more fresh mint. Serve right away, passing lemon wedges at the table.