



Shrimp Caesar Salad Stuffed Sweet Potatoes

 Serves: 2-4

 Prep Time: 10 min

 Cook Time: 1 hour

 Recipe Type: Heart-Healthy

 Nutrient Analysis: 1,308 calories, 39.9g fat, 4,869mg sodium, 181.7g carbohydrates, 40.6g protein.

Sweet potatoes and Caesar salad come together in this recipe to make a meal that's healthy, easy, and delicious. Treat yourself to the amazing flavor that spicy shrimp and roasted chickpeas add to the mix!

Ingredients

- 2 sweet potatoes, washed
- 2½ tbsp olive oil, divided
- ½ tsp salt and pepper
- 15 ounces canned chickpeas, drained and rinsed
- 1 tsp garlic powder
- 1 tsp cayenne pepper
- Juice of half a lemon
- 10 ounces large frozen wild shrimp, thawed
- 1 Caesar salad kit, organic

Instructions



1. Heat oven to 400°. For each sweet potato, use a fork to **poke** holes, then **drizzle** with 1 tbsp of olive oil. **Wrap** sweet potatoes in foil and put in the oven to **roast** for one hour or until tender. (Shortcut: Instead of roasting, **microwave** sweet potatoes 4-6 minutes or until easily speared with a fork.)



2. Add the chickpeas, ½ tbsp olive oil, salt and pepper, garlic powder, ½ tsp cayenne pepper, and lemon juice to a small bowl. **Toss** to combine, then **spread** the mixture onto a parchment-lined baking sheet. **Place** in the oven and **roast** for 10-12 minutes.



3. Add the last 1 tbsp of olive oil to a skillet over medium heat. **Combine** the shrimp with the remainder of the cayenne pepper in a separate bowl, with salt and pepper to taste. Once the skillet is hot, **add** the shrimp to the skillet and **cook** until it is pink on both sides. This will take about 5 minutes.



4. For the Caesar salad, **combine** the greens, parmesan, and dressing in a large bowl and **toss** until it is all mixed well.



5. **Assemble** the sweet potatoes by slitting them down the middle and **stuffing** with caesar salad.



6. **Top** the baked potatoes with the cooked shrimp and chickpeas.