

# MEDITERRANEAN SWEET POTATOES WITH TAHINI DRIZZLE



## INGREDIENTS:

### For the Sweet Potatoes:

- 3 medium sweet potatoes, washed and cut into wedges
- 2 tablespoons olive oil
- 1 teaspoon smoked paprika
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- ½ teaspoon dried oregano
- ½ teaspoon sea salt (to taste)
- ¼ teaspoon black pepper

### For the Tahini Drizzle:

- 3 tablespoons tahini
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 1 small garlic clove, finely grated or minced
- 2-3 tablespoons water (to thin, as needed)
- ½ teaspoon honey or maple syrup (optional for sweetness)
- Pinch of sea salt

### For the Toppings:

- 2 tablespoons fresh parsley, chopped
- 2 tablespoons crumbled feta cheese (optional for non-vegan)
- 1 tablespoon toasted pine nuts or slivered almonds
- 1 teaspoon za'atar spice blend
- Pomegranate seeds (optional, for color and brightness)

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## INSTRUCTIONS

- **Prepare the Sweet Potatoes:** Preheat the oven to 400°F (200°C) and line a large baking sheet with parchment paper. In a large bowl, toss the sweet potato wedges with olive oil, smoked paprika, cumin, garlic powder, oregano, salt, and pepper until well-coated.
- **Roast the Sweet Potatoes:** Spread the seasoned sweet potato wedges evenly on the prepared baking sheet, ensuring they're not overlapping. Roast for 25-30 minutes, flipping halfway through, until golden and tender with slightly crispy edges.
- **Make the Tahini Drizzle:** In a small bowl, whisk together tahini, lemon juice, olive oil, garlic, and honey (if using). Gradually add water, 1 tablespoon at a time, until the sauce is smooth and pourable. Season with a pinch of sea salt to taste.
- **Assemble the Dish:** Arrange the roasted sweet potatoes on a serving platter. Drizzle generously with the tahini sauce, then sprinkle with parsley, feta (if using), toasted pine nuts, and za'atar. For a pop of sweetness and tang, garnish with pomegranate seeds.
- **Serve:** Serve warm as a side dish with roasted chicken, grilled fish, or falafel. It can also stand alone as a satisfying vegetarian main.

## Tips

- For extra crispiness, use a convection oven or increase the heat slightly at the end of roasting.
- Substitute the tahini with cashew cream for a nutty alternative.
- Add a handful of arugula or spinach for a fresh, leafy element.