

Your recipe

Spotlight on better sleep

Looking for higher quality Zs? The food you eat can impact sleep quality, according to Molly Tevis, RDN, LD, digital and loyalty marketing manager of Albertsons Intermountain Division.

She recommends foods that are rich in Vitamin B6. "Vitamin B6...may support sleep health," Tevis explained. Vitamin B6-rich foods include chickpeas, tuna, potatoes, turkey, beef liver, cereal, salmon and bananas.

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Consult your doctor before making diet changes, especially if you have food allergies or medical conditions.

Sweet dreams sweet potato chickpea bowls

⌚ Time to cook: 30min
🍴 Serves: 2

Try this filling meal with ingredients like chickpeas, turmeric and extra virgin olive oil.

Ingredients

- 1 crown broccoli
- 1 15 oz can chickpeas
- ½ bunch kale
- ½ lemon
- ½ medium red onion
- ¾ lb sweet potato
- 1 pinch black pepper
- ¾ tsp chili powder
- ¾ tsp ground cumin
- 1 ½ tsp extra virgin olive oil
- 1 pinch garlic powder
- 1 pinch dried oregano
- ¾ tsp maple syrup
- ¾ tsp salt
- ¼ cup tahini
- 1 pinch ground turmeric



Directions

1. Preheat oven to 400°F.
2. Wash and dry the sweet potato, broccoli, kale and lemon.
3. Peel the sweet potatoes and onions and cut into 1-inch pieces. Transfer to a medium bowl and add oil, salt and pepper. Toss to coat. Place veggies on a baking sheet and bake until softened, about 10 minutes. Reserve bowl for later use.
4. While veggies cook, rinse and drain the chickpeas and set aside.
5. Separate broccoli into bite-sized florets and cut stems into smaller pieces. Place broccoli in the medium bowl, add oil, salt and pepper and toss to coat. Add to baking sheet with the sweet potatoes, tossing to combine. Bake until cooked through, about 10 more minutes. Reserve bowl for later use.
6. Preheat a skillet over medium-high heat.
7. Combine cumin, chili powder, garlic powder, oregano, turmeric, salt and black pepper in a small bowl.
8. When the skillet is hot, add oil and swirl to coat the bottom of the pan.
9. Add chickpeas and spices to the skillet and toss to coat. Cook, stirring occasionally, until chickpeas are golden and fragrant, about 10 minutes. When done, set aside.
10. While chickpeas cook, fold kale leaves in half lengthwise and slice off the stems. Chop or tear leaves into bite-sized pieces and transfer to the medium bowl. Add oil, salt and pepper and toss to combine. Add to the baking sheet and cook until wilted, about 5 more minutes.
11. Juice lemon into a small bowl and add tahini, maple syrup and 2 tbsp of water, whisking to combine. Add additional water as needed to reach a drizzling consistency.
12. To serve, divide roasted vegetables and chickpeas between bowls. Drizzle with tahini-maple dressing and enjoy!