

Meal Kit #2

Recipe #3

Batatas rellenas de garbanzos con tomate y orzo

Sweet Potatoes Stuffed with Tomato Chickpeas & Orzo

Batatas rellenas de garbanzos con tomate y orzo

INGREDIENTES

- Sobras de garbanzos con tomate y orzo (adaptado de TheKitchen.com)
- 4 batatas
- 1 paquete de queso parmesano

INSTRUCCIONES

1. Precalentar el horno a 400°F. Lavar las batatas en agua fría. Colocar en una bandeja de horno y hornear hasta que se pueda pinchar con un tenedor, entre 45 y 60 minutos.
2. Retirar las batatas para que se enfríen, durante unos 10 minutos. Calienta los garbanzos con tomate con orzo que te han sobrado.
3. Con un cuchillo, parte las batatas por la mitad pero dejando la parte inferior intacta. Creaa una bolsa para el relleno empujando suavemente los extremos cónicos de las batatas una hacia la otra.
4. Rellena cada batata con Garbanzos con Tomate y Orzo. Espolvorear con queso parmesano y servir.

Nota: Puedes hornear las batatas con antelación y recalentarlas.

Tiempo de preparación: 10 minutos; **Tiempo de cocción:** 1 hora de cocción de las batatas;

Raciones: 4

Meal B3: Sweet Potatoes Stuffed with Tomato Chickpeas & Orzo

Nutrition Facts

4 Servings Per Container

Serving Size 358g

Amount Per Serving
Calories 340

% Daily Value *

Total Fat 2.5g	3%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 190mg	8%
Total Carbohydrates 33g	12%
Dietary Fiber 5g	19%
Total Sugars 9g	
Includes Added Sugars 0g	
Protein 5g	
Vitamin D 0.0ug	0%
Calcium 60mg	5%
Iron 0.8mg	4%
Potassium 550mg	12%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Tomato Chickpeas & Orzo, Sweet potato, Grated Parmesan Cheese
Contains: Gluten, Dairy

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Recipe #3

Batatas rellenas de garbanzos con tomate y orzo

Sweet Potatoes Stuffed with Tomato Chickpeas & Orzo

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INGREDIENTS

- Leftover Tomato Chickpeas & Orzo
(Adapted from TheKitchen.com)
- 4 Sweet potatoes
- 1 packet parmesan cheese

INSTRUCTIONS

1. Preheat the oven to 400°F. Wash sweet potatoes in cold water. Place on a baking sheet and bake until easily pricked by a fork, 45-60 minutes.
2. Remove sweet potatoes to cool, for about 10 mins. Warm the leftover Tomato Chickpeas with Orzo.
3. Using a knife, split the potatoes down the middle but leaving the bottom intact. Create a pouch for the filling by gently pushing the tapered ends of the sweet potato toward each other.
4. Fill each sweet potato with Tomato Chickpeas & Orzo. Sprinkle with parmesan cheese and serve.

Note: You can bake the sweet potatoes ahead of time and reheat them.

Prep time: 10 minutes; **Cook time:** 40-60 minutes for sweet potatoes to bake; **Servings:** 4

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