

Ingredients

1 1/2 cans chickpeas, rinsed and drained	1 Tbsp oregano
1 1/2 cups beets, diced	1 Tbsp soy sauce
6 carrots, chopped	1 Tbsp Sriracha sauce
6 green onions, diced	1 Tbsp olive oil
3 sweet potato, diced	
3 garlic cloves, minced	

Instructions

Toss ingredients together and wrap in tin foil. Cook on grill or in a 400°F oven for 45 minutes.

Nutrition Information

Per Serving

Serving Size: 1 cup
Serves 6
Calories: 220
Carbohydrates: 39 gm
Fiber: 10 gm
Sugars: 11 gm
Protein: 8 gm
Fat: 4.5 gm
Saturated Fat: 0.5 gm
Cholesterol: 0 gm
Sodium: 350 gm