

Sweet Potato Bowl

Servings: about 4 bowls

INGREDIENTS

2 TBSP OLIVE OR COCONUT OIL
1/2 RED ONION, SLICED
2 LARGE SWEET POTATOES, HALVED
1 BUNDLE BROCCOLI, BROCCOLINI,
CHOPPED
2 BIG HANDFULS KALE, STEMS
REMOVED
1 (15 OZ) CAN CHICKPEAS, DRAINED,
RINSED AND PATTED DRY
1 TSP CUMIN
3/4 TSP GARLIC POWDER
1/4 TSP TURMERIC

DIRECTIONS

STEP 1: Preheat oven to 400 F. Arrange sweet potatoes (skin side down) and onions on baking sheet. Drizzle with oil.

STEP 2: Bake for 10 minutes, remove, flip sweet potatoes and add broccoli. Bake another 8-10 minutes.

STEP 3: Remove from oven, add kale, drizzle with oil, bake another 4-5 minutes. Set aside.

STEP 4: Heat large skillet over medium heat. While warming up, toss chick peas and seasonings in a mixing bowl.

STEP 5: Add 1 tsp oil to skillet, then add chickpeas and sauté until brown, approximately 10 minutes.

STEP 6: Divide roasted vegetables among 3 bowls (chopping them into smaller pieces if desired) and top with chickpeas.

GF This recipe is gluten free as written.

V This recipe is vegetarian as written.

Nutrition per Serving: Calories 474, Fat 21g, Carbs 62g, Fiber 11g, Sugar 7g, Protein 13g

