

HARVEST GRAIN BOWLS



Check out all our classes

Ingredients

- 1 Large Sweet Potato, peeled and diced
- 1 Red Onion, sliced
- 2 Zucchinis, diced
- 1 Can of Corn, drained
- 1 Can of Chickpeas (low sodium if possible), drained
- 2 Tbsp. Extra Virgin Olive Oil
- Salt and Pepper to taste
- 1 tsp. of Cumin
- 1 tsp. of Chili powder
- 1 tsp. of Garlic Powder
- 1 tsp. of Turmeric
- 2 Avocados, cut in half and sliced
- 4 Cups of pre-cooked grain (Brown or white rice, quinoa, grain mix)- could substitute lettuce
- 1/2 c. Avocado Mayo
- 1/8 c. Sriracha Hot Sauce (you can use less if this is too spicy)
- 1 Lime, juiced

Nutrition

Serving Size: 1 Bowl

Calories: 526 Carbohydrates: 52.5g

Protein: 7.4g Fats: 29g

Directions

1. The CDC recommends washing your hands for 20 seconds using warm water and soap, making sure to wash your wrists, in between your fingers, underneath your fingernails, and the backs of your hands.
2. Set oven to 400 degrees Fahrenheit.
3. Put the peeled and diced sweet potatoes in a microwave safe bowl for around 3 minutes to help soften the potatoes prior to roasting. You may need to stir the potatoes around half way through.
4. On a sheet pan, arrange the sweet potatoes, onion, zucchini, corn and chickpeas in lines across the pan. If your pan is not large enough, you can use 2 sheet pans.
5. Pour the olive oil on the pan evenly, trying to coat all of the ingredients. Add salt and pepper over all of the vegetables, making sure to leave the chickpeas out.
6. Mix the spices listed above (1 TSP of: Cumin, Chili powder, garlic powder, turmeric, ¼ tsp salt and pepper).
7. Add the spice mixture to the chickpeas, making sure to coat them evenly.
8. Place the sheet pan in the oven for 25-30 minutes, or until everything is properly roasted.
9. While baking, add all of the sriracha aioli ingredients to a bowl. Mix and taste, adjust the salt to taste.
10. Once done baking, remove the sheet pan. Add the pre-cooked grains to the bottom of a bowl and top with the roasted vegetables. Add the sriracha aioli and avocado slices to the top.
11. Enjoy!

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