



SWEET POTATO POWER BOWL

Makes 8 servings | Serving size: 1 bowl

PREP TIME
10 min

COOK TIME
30 min

TOTAL TIME
40 min

Roasting the cauliflower and sweet potatoes create a sweet flavor that tastes delicious. This vegan dish also has a good amount of protein and fiber, so try a meatless night and give this dish a try!



Ingredients

- 3 cups sweet potatoes, peeled and cubed
- 3 cups cauliflower florets
- 1 red onion, chopped
- 2 tablespoons olive oil
- ½ teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 4 cups quinoa, cooked
- 1 (15-ounce) can black beans, drained and rinsed (about 1½ cups)
- 2 avocados
- 2 limes, juiced
- ½ cup cilantro, chopped
- Salt and pepper, to taste

Directions

1. Preheat oven to 400°F.
2. In a large bowl, toss the sweet potato, cauliflower, and red onion with the olive oil and spices.
3. Pour onto a parchment-lined baking sheet, then bake for 30 minutes, or until veggies are tender.
4. Assemble your bowls with quinoa, black beans, and veggies. Top with avocados, lime juice, cilantro, salt, and pepper.