

CUSTOMIZABLE POWER BOWL

SERVES: 4

Ingredients

Starchy Vegetable Options:

- 2 sweet potatoes, peeled and diced
 - 2 Tbsp olive oil, 1 tsp cumin, 1/2 tsp paprika, 1/2 tsp garlic powder
- 1 cup no salt added sweet corn, drained
- 1 cup no salt added black beans, drained

Grain Options:

- 1 cup cooked quinoa
- 1 cup cooked brown rice
- 1 cup cooked whole wheat pasta

Vegetable Options:

- 1 bell pepper, diced
- 1/3 cup red onion, thinly sliced
- 1 avocado, sliced

Cilantro Dressing

- 1/2 cup fresh cilantro
- 1/3 cup nonfat, plain Greek yogurt
- 3 Tbsp red wine vinegar
- 2 Tbsp olive oil
- 1 Tbsp honey
- 1 tsp Dijon mustard
- 1/2 tsp red pepper flakes
- 1/4 tsp cumin
- 1/4 tsp paprika
- 1/2 tsp minced garlic

Directions

1. Preheat the oven to 400°F & line a baking sheet with parchment paper.
2. In a small bowl, mix olive oil, cumin, paprika, garlic powder, & salt. Toss with diced sweet potatoes
3. Spread the sweet potatoes in a single layer on prepared baking sheet. Bake for 20 minutes
4. Prepare quinoa according to directions on package.
5. Add dressing ingredients to a food processor or blender & blend until smooth and cilantro is finely chopped.
6. Assemble the bowls: add 1/4 cup quinoa, 1/4 cup black beans, & 1/2 cup sweet potatoe to each bowl. Top with 1/4 cup corn, diced bell pepper, red onion, & avocado. Drizzle with 2 Tbsp dressing & enjoy!

Nutrition

517 calories, 22 g fat, 14 g protein, 67 g carbohydrate, 14 g fiber



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