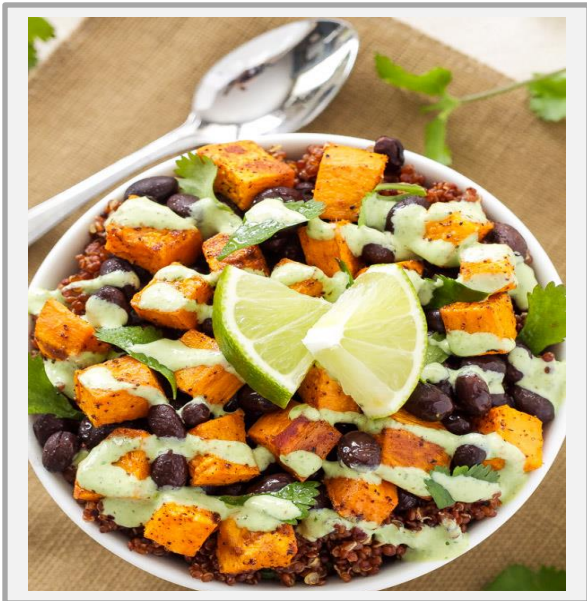


Sweet Potato And Black Bean Quinoa Bowls



Makes: 2-3 Servings



Total Time: 30 minutes

Ingredients:

Roasted Sweet Potato:

- ♥ 1 large sweet potato, peel and diced
- ♥ 1 teaspoon extra virgin olive oil
- ♥ 2 teaspoon chili powder
- ♥ ¼ teaspoon cumin
- ♥ ¼ teaspoon kosher salt

Cilantro Cream Drizzle:

- ♥ ¼ cup plain nonfat Greek yogurt
- ♥ ¼ cup cilantro, chopped
- ♥ ¼ teaspoon agave nectar or honey
- ♥ Juice of half a lime
- ♥ Pinch of salt, garlic powder, and chili powder

Quinoa:

- ♥ ¾ cup red quinoa
- ♥ 1 ¾ cups water
- ♥ ½ teaspoon kosher salt, divided
- ♥ ½ teaspoon chili powder
- ♥ ½ teaspoon cumin
- ♥ ¼ teaspoon garlic powder
- ♥ Juice of half a lime
- ♥ 2 tablespoon cilantro, chopped

Other Ingredients:

- ♥ 1 cup black beans, rinsed and drained
- ♥ Cilantro for garnishing

PREPARATION

Roasted Sweet Potato:

1. Preheat oven to 425 degrees then line a baking sheet with foil and spray it with cooking spray.
2. Toss the diced sweet potato in the olive oil and spices and lay it out on an even layer on the prepared baking sheet.
3. Roast the sweet potato for 12-15 minutes or until it is fork tender.

Quinoa:

4. Rinse and drain the red quinoa then put it in a medium sized sauce pan with the water and ¼ teaspoon kosher salt.
5. Bring the quinoa to a boil, then cover it with a lid and lower the heat to medium low.
6. Cook the quinoa for about 15 minutes, until all of the liquid is absorbed.
7. Remove from the heat and season the quinoa with the remaining ¼ teaspoon of kosher salt, chili powder, cumin, garlic powder, lime juice, and cilantro.

Cilantro Cream Drizzle:

8. In a blender, add all of the ingredients and blend until smooth.

Assembling the Bowls:

9. In 2 or 3 serving bowls, divide the quinoa mixture.
10. Top the quinoa with the black beans and roasted sweet potato.
11. Drizzle the cilantro cream on top with a spoon.
12. Top with more cilantro if desired.

Nutrition: 278 calories; 11g fat (1.5g saturated fat); 50g carbohydrates; 14g protein; 20g fiber; 156mg sodium



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