



Roasted Sweet Potato Power Veggie Bowl

Ingredients:

SPICY POTATOES & CHICKPEAS

4 cup little potatoes, quartered
2 cans (15.5 oz.) of chickpeas, drained and rinsed
4 tsp olive oil
2 Tbsp sriracha (or your favorite red chili hot sauce)
1 tsp garlic powder
1 tsp onion powder
1 tsp turmeric
1/2 tsp salt

ROASTED CARROTS

2 cup carrots, sliced diagonally
2 tsp olive oil
2 tsp maple syrup
1/2 tsp garlic powder
1 tsp turmeric
1/2 tsp paprika
2 pinches of salt

ZUCCHINI

2 zucchini, sliced
2 tsp olive oil
2 pinch of each salt and pepper

GARLICKY SAUTÉED KALE

2 bunch kale, destemmed and roughly chopped
4 tsp olive oil
2 clove garlic, minced
2 tsp lemon juice
2 pinch of each salt and pepper

HUMMUS DRESSING

2 Tbsp hummus
2 Tbsp tahini
4 Tbsp water
4 tsp lemon juice
1 tsp garlic powder
2 Tbsp nutritional yeast
2 tsp olive oil
pinch salt



Instructions:

ROASTED VEGETABLES

Spicy Potatoes & Chickpeas: Preheat oven to 425F. Combine all ingredients in a medium bowl and mix well. Transfer to a sheet pan lined with parchment paper.

Roasted Carrots: In the same bowl used above, combine the carrots, olive oil, garlic powder, turmeric, paprika, maple syrup, and salt. Mix well and transfer to the sheet pan from the previous step.

Zucchini: Using the same bowl, combine the zucchini, olive oil, and a sprinkle of salt and pepper, mix well. Transfer to the sheet pan.

Roasting: Bake everything for 15 minutes. Flip/stir everything and bake for another 15-20 minutes, until potatoes are tender and chickpeas are crisp.

GARLICKY SAUTÉED KALE

Preheat olive oil in a large skillet over medium-high heat. Add the minced garlic and kale. Sauté, stirring often, until kale wilts. Sprinkle kale with 1 tsp lemon juice, and a pinch of salt and pepper. Continue sautéing until kale is tender. Taste and adjust seasoning if necessary.

HUMMUS DRESSING

Combine all ingredients (in a blender or using a whisk.) Thin with water if necessary. Taste and adjust seasoning.

SERVING:

Divide kale between 4 bowls. Top each bowl with 1/4 of the roasted potatoes, 1/4 of the carrots, and 1/4 of the zucchini. Top with 1/4 of the chickpeas and a drizzle of hummus dressing.