



roasted sweet potato quinoa bowl

This healthy and hearty Sweet Potato Quinoa Bowl, a creative combo of protein-packed quinoa, roasted sweet potatoes and avocado, is drizzled with a maple dressing and topped with roasted almonds, an egg and leafy sprouts.

SERVES: 4



**julie albert
& lisa gnat**

ingredients

Maple Dressing

- ¼ cup olive oil
- 1 tbsp apple cider vinegar
- 1 tbsp maple syrup
- 1 tsp Dijon mustard
- 1 tsp chopped shallots
- ¼ tsp kosher salt
- 1/8 tsp freshly ground black pepper

- 1 large sweet potato, peeled, cut into 1-inch cubes
- 1 tbsp olive oil
- ¼ tsp kosher salt
- ¼ tsp freshly ground black pepper

Quinoa

- 1 cup quinoa, rinsed well and drained
- 2 cups water
- ¼ tsp kosher salt
- 1 large ripe avocado, chopped
- 1/3 cup chopped roasted almonds
- 4 fried eggs, sunny-side up
- 1 cup sprouts, sunflower or pea shoots

print



directions

1. To make the dressing, in a small bowl whisk olive oil, apple cider vinegar, maple syrup, Dijon mustard, shallots, salt and pepper until well combined. Set aside.
2. Preheat oven to 425°F. In a mixing bowl toss together cubed sweet potato, olive oil, salt and pepper. Place sweet potato on a parchment-lined baking sheet and roast 16-18 minutes, until potatoes are tender. Remove from oven and set aside.
3. Meanwhile, in a medium saucepan, combine quinoa, water and salt. Bring to a boil over high heat. Reduce heat to a simmer, cover and cook 12-15 minutes, until the liquid is absorbed. Remove from heat and let sit covered for 5 minutes. Combine quinoa, roasted sweet potatoes, avocado and a few spoons of dressing. Divide between 4 serving bowls, top with almonds and drizzle with more dressing.
4. Finish each bowl with a fried egg placed on top and sprouts to garnish.

“One cannot think well, love well, sleep well, if one has not dined well.”

— VIRGINIA WOOLF

