

California Grain Bowl

Ingredients

1 serving; can be easily scaled for weekly meal prep

½ cup	Sweet potatoes, peeled and diced
½ tsp.	Oil (canola, avocado, olive)
<1/8 tsp.	Kosher salt
<1/8 tsp.	Black pepper
3 Tbsp.	Uncooked quinoa (or use ½ cup cooked)
6 Tbsp.	Water
2 tsp.	Red onion, sliced thin
½ cup	Kale
¼ cup	Hummus
¼ cup	Avocado

Lemon Thyme Vinaigrette

¾ tsp.	Lemon juice
¾ tsp.	White balsamic vinegar
¼ tsp.	Honey
¼ tsp.	Dijon mustard
<1/8 tsp.	Kosher salt
<1/8 tsp.	Black pepper
1/8 tsp.	Oil (Canola, avocado, olive)
1/8 tsp.	Fresh thyme leaves

Directions

1. Preheat oven to 425 degrees F. In a medium bowl, toss sweet potatoes with ¼ tsp. oil and a sprinkle of salt and pepper. Bake for approx. 20 minutes, turning occasionally until sweet potatoes can be pierced with a fork.
2. Boil 6 Tbsp. of water. Add quinoa and reduce heat to low. Cook for 10 minutes or until quinoa is tender and all liquid has been absorbed. Add additional liquid if quinoa is not fully cooked. *Alternatively, follow package directions to cook a larger batch of quinoa if you would like to make multiple servings.*
3. Rinse kale and remove tough stems if desired. Chop into 1 inch pieces. Massage kale with approx. ¼ tsp. of oil.
4. Prepare the lemon thyme vinaigrette. In a small bowl, whisk together lemon juice, white balsamic vinegar, honey, mustard, and a sprinkle of salt and pepper. Add oil and whisk until emulsified. Add fresh thyme and whisk.
5. Arrange your bowl: place quinoa on the bottom, top with roasted sweet potatoes and kale. Add hummus, sliced avocado, and sliced red onion. Drizzle vinaigrette on top.