

Healthy You Recipe Challenge – Class 11

This recipe is a great addition to your home collection! Stay motivated to stick to healthy eating by trying new recipes and experimenting with new flavours.

Sweet Potato Power Bowl

(Kate Park, RD)

Makes 4 servings. Estimated Time: 35 minutes.

Ingredients:

For the bowl:

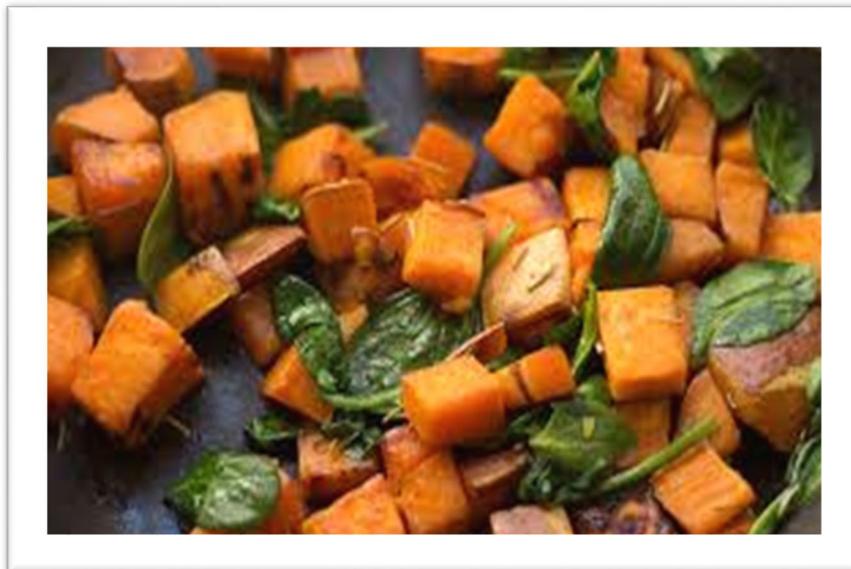
- 2 sweet potatoes, peeled and diced
- 1 ½ tbsp olive oil
- 4 cups baby spinach
- 1 avocado, diced
- 1 pint cherry tomatoes, halved
- 1 cup canned black beans, rinsed and drained (or 1 cup of cooked dried beans)
- ½ cup uncooked brown or wild rice (or, 1 ½ cups cooked rice)
- 1 cup water
- 1 cup cooked chicken breast, diced
- Tahini Honey Dressing (see below)

For the Dressing (Makes 1 ½ cups):

- 1/2 cup tahini
- 3 tbsp freshly squeezed lemon juice
- 2 tbsp honey or agave
- 1 small garlic clove, minced
- Big pinch of parsley or chives
- 2/3 cup water
- Salt and fresh ground pepper

Instructions for dressing:

1. Blend all the dressing ingredients in a blender or food processor, or whisk together in a large bowl. Add salt and pepper to taste. Drizzle over antioxidant power bowl.



Instructions for bowl:

1. Preheat oven to 400°F. Line 2 baking sheets with parchment paper. Toss the diced sweet potato with the olive oil, season with salt and pepper, and arrange in a single layer on 1 prepared baking sheet. Bake for 25-30 minutes, until tender. Toss halved cherry tomatoes with remaining ½ tsp. olive oil, season with salt and pepper, and arrange cut side up on the other baking sheet. Bake for 20 minutes.
2. Combine uncooked brown or wild rice and 1 cup of water in a saucepan. Add a pinch of salt, and bring to a boil. Cover and simmer for 40-45 minutes, or until tender and the water is absorbed.
3. Divide cooked rice among 4 bowls. Top each bowl with 1 cup spinach, ¼ of a diced avocado, a handful of roasted cherry tomatoes, roasted sweet potato, black beans, and chicken (if using). Top each bowl with tahini-honey dressing, toss and serve.

Nutrients per serving (1 Bowl)	
Calories (kcal)	580
Fat (g)	30
Saturated Fat (g)	4.4
Trans Fat (g)	0
Sodium (mg)	127
Carbohydrates (g)	60
Fibre (g)	14
Sugar (g)	18
Protein (g)	25