



## Sweet Potato, Veggie and Grain Bowl

This is a very versatile recipe: choose a grain, a bean, add some veggies, and top with a homemade dressing! Roasting the beans with your veggies, gives them a nice flavor boost. Allowing kids to customize their toppings may help them be open to trying new things.

### **Ingredients**

- 1 cups quinoa\*
- 2 cups of vegetable broth or water
- 2-3 cups cleaned and chopped kale\*
- 1 large sweet potato, peeled and diced\*
- 1 (15 oz.) can chickpeas, rinsed and drained\*
- 2 tbsp olive oil
- ¼ tsp cumin
- ¼ tsp chili powder
- ¼ tsp salt
- 1/8 tsp cinnamon
- 2 garlic cloves, minced

### **Dressing**

- 2/3 cup extra virgin olive oil
- 1/3 cup lemon or orange juice
- 2 tbsp honey
- Salt and pepper to taste

### **Optional Toppings**

- ½ cup chopped walnuts or almonds
- 1/3 cup fresh parsley, minced
- ½ cup raisins or dried cranberries
- ¼ cup feta cheese (or other soft crumbly cheese such as goat or cotija)
- ¼ cup toasted pumpkin seeds

### **Substitutions**

- \*Quinoa – use any whole grain in place of the quinoa, you will need 2 cups cooked grains – try bulgur, millet, cous cous, brown rice or faro – see grain cooking list for some ideas
- \*Kale – any hearty leafy green will work here – swiss chard, mustard greens, bok choy, napa cabbage
- \*Chickpeas – the chickpeas can be replaced with other legumes or lentils –consider black beans, cannellini beans, kidney beans
- \*Sweet Potato – try it with a winter squash (butternut, acorn, delicata) instead or in addition to the sweet potato. You can also try roasting the beans with any of your favorite vegetables – cauliflower and Brussel sprouts would work well.

### **Equipment**

- Large pot/saucepan
- Baking sheet
- Spatula
- Spoon
- Large bowl

- Small bowl or jar to make dressing in
- Measuring cups
- Measuring spoons
- Knife \*have an adult help
- Cutting board



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## Directions

1. Preheat the oven to 450°F degrees.
2. Cook quinoa: combine broth and quinoa in saucepan, bring to a boil, then lower heat and simmer covered until quinoa is tender.
3. When most of the liquid is absorbed by the quinoa add chopped kale and stir to combine. Continue cooking until all liquid absorbed, kale is wilted and quinoa tender.
4. In the meantime, in a medium bowl, toss together diced sweet potatoes, chickpeas, olive oil, cumin, chili powder, salt, pepper and garlic. Spread in an even layer on a large baking sheet.
5. Bake for about 15-20 minutes, or until sweet potatoes are fork tender and chickpeas are starting to brown, stirring once halfway through cooking.
6. Combine sweet potato and chickpea mixture with quinoa mixture.
7. Top with walnuts or your choice of toppings.
8. Whisk together or place in a jar with a tight fitting lid and shake ingredients for dressing and drizzle over salad.
9. Can be served warm or chilled.

😊 Little helpers: Kids can gather ingredients, measure out ingredients and combine them. Allow little ones to use their hands to coat the sweet potato and beans with oil and seasoning mixture. Let them tear the kale into bite size pieces. By letting kids choose their own optional add-ins they may be more inclined to eat it.

🍏 Nutrition: This dish is high in fiber and provides a good source of vitamin A, C, magnesium and potassium. Each of the foods in this grain bowl can be considered a nutrition powerhouse. Some of the highlights include: Quinoa: good source of carbohydrates, protein, magnesium, phosphorus as well as numerous other vitamins and minerals. Sweet potato: a good source of carbohydrates, vitamin C and vitamin A. Kale: a good source of vitamins K, A and C. And the chickpeas provide fiber, carbohydrates, protein, vitamins B6, C and folate.