

# Sweet Potato Quinoa Bowl

Prep Time: 10 minutes

Cook Time: 25 minutes

Servings: 4

## The Ingredients

- 2 sweet potatoes, washed and cubed
- 1 cup chickpeas, rinsed and drained
- 1 cup quinoa
- 4 ounces spinach
- 1 avocado, diced into 1-inch pieces
- 2-3 tbsp extra virgin olive oil
- 1 lime
- Salt and pepper to taste

## Directions

- Preheat the oven to 450°F. Place the sweet potatoes and chickpeas on a baking sheet lined with parchment paper or aluminum foil.
- Coat the sweet potatoes and chickpeas with 1-2 tbsp of extra virgin olive oil and salt and pepper. Toss to evenly combine and roast until the sweet potatoes are golden brown and the chickpeas darken in color, about 20-25 minutes. We like to flip the sweet potatoes halfway through to prevent uneven browning.
- While the sweet potatoes and chickpeas roast, bring 1 cup of quinoa and 2 cups of water to a boil in a medium saucepan. Turn the heat to low, cover the saucepan and cook for 15 minutes.
- Place the quinoa into serving bowls. Top each bowl with sweet potatoes, avocado, spinach and chickpeas. Drizzle with extra virgin olive and a squirt of lime.

