

HEARTY KALE AND SWEET POTATO BOWL

Bowls are a great way to easily combine nutrition-packed food for an easy lunch or dinner.

INGREDIENTS

- 1 large sweet potato, cut into ½-inch-thick wedges
- 5 tablespoons extra-virgin olive oil, divided
- 2 teaspoons ancho chile powder
- ½ teaspoon salt, divided
- 6 medium shallots, peeled and quartered
- 3 tablespoons lemon juice
- 1 large garlic clove, grated
- 1 pound kale, stemmed and torn
- 1 (15 ounce) can no-salt-added black beans, rinsed
- 1 cup of cooked quinoa
- ½ cup crumbled feta cheese
- ½ cup unsalted pepitas, toasted

DIRECTIONS

STEP 1

Position racks in upper and lower thirds of oven; preheat to 425°F.

STEP 2

Toss sweet potato with 1 tablespoon oil, chile powder and ⅛ teaspoon salt on a large rimmed baking sheet. Toss shallots with 1 tablespoon oil and ⅛ teaspoon salt on another large rimmed baking sheet.

STEP 3

Roast the vegetables, flipping once, until tender and caramelized, about 20 minutes.

STEP 4

Meanwhile, whisk lemon juice and garlic with the remaining 3 tablespoons oil and ¼ teaspoon salt in a large bowl. Cook quinoa per directions if not made already.

STEP 5

Add kale and massage with the dressing until bright green and shiny and the volume is reduced by about half. Add beans, quinoa, feta, pepitas and the shallots. Toss to combine and serve topped with the sweet potato.

NUTRITION FACTS

Serving Size: 2 ½ cups - Serves 4

Per Serving: 588 calories, total carbohydrate 64g, dietary fiber 14g, total sugars 12g, protein 21g, total fat 30g, saturated fat 7g, cholesterol 17mg



Wisconsin Athletic Club

www.thewac.com/recipes