

VEGGIE & PROTEIN-PACKED POWER BOWLS



The beauty of this meal is that you can combine any of your favourite healthy components. This five-part bowl is an awesome starting point, but feel free to customize to your heart's content!

Ingredients:

- ~4 large eggs
- ~2 cups peeled and 1/2 inch-cubed sweet potato (about 1 large or 2 small)
- ~2 cups cooked quinoa, rice, barley, etc.
- ~1 can chickpeas/other beans/lentils (540 ml), drained and rinsed
- ~2 Tbsp lemon juice OR your favourite vinegar/lime juice
- ~1 Tbsp lime juice OR vinegar/lemon juice
- ~8 Tbsps olive/vegetable oil, divided
- ~1 large tomato/sweet pepper, diced
- ~2 cups packed spinach/greens/lettuce, washed and dried
- ~100g plain Greek yogurt (1 snack-sized cup)
- ~1 clove garlic, finely minced
- ~1 Tbsp milk/water
- ~Salt and pepper to taste

Optional Toppings:

- ~1-2 sliced avocados
- ~1/4 cup seeds or chopped nuts of your choice such as pumpkin, sunflower, chia or almonds etc



Directions:

Prepare all components ahead, then use your microwave to make serving a snap!

1). Hard Boiled Eggs

~Place eggs into a pot large enough to hold eggs and cover with water by about 1 inch. Place over high heat, uncovered, until water comes to a rolling boil. Turn off heat, cover with lid and let sit in hot water for 13 minutes. Drain and fill pot with a few changes of cold water and let eggs cool, submerged in cold water, until cool enough to handle. Gently crack and roll lightly with your palm on the counter to loosen shell. Carefully peel and slice all eggs into quarters. Keep chilled until serving. **No eggs? Substitute a can or two of drained tuna/salmon for another healthy protein punch!**

2). Roasted Sweet Potatoes

~Preheat oven to 450 degrees. Toss prepared sweet potato cubes in 2 Tbsps oil, sprinkle with generous pinches of salt and pepper and roast, spread out on large baking sheet until cooked through and golden, about 15-20 minutes. Make ahead and rewarm in microwave before serving. **Out of sweet potatoes? Use the same method on regular potatoes OR simply omit!**

3). Quinoa/Rice/Other Grain of Choice

~Prepare according to package directions (about 2 cups total needed). **Try any flavoured packaged side-dish rice or grain for a quick, pantry-friendly option! Pre-cooked rice cups are a real time-saver, too!**

4). Marinated Chickpeas (or other beans/lentils)

~Place chickpeas/beans into medium bowl and toss with 2 Tbsp lemon juice, 5 Tbsp olive/vegetable oil and salt & pepper to taste. Toss well and let marinate in fridge 20 minutes or up to 48 hrs. **Anything goes here! 6 bean blend? Perfect! Brown lentils? Delicious! Check your pantry and use whatever you have on hand! You can also use your favourite vinegar in place of the lemon juice OR simply omit the oil and lemon juice and use 1/3 cup of your favourite bottled vinaigrette!**

5). Garden Greens and Veggies with Garlicky Lime Greek Yogurt Dressing

~Get spinach/greens ready and set aside in refrigerator until ready to build bowls. Be sure to add them to bowls last to keep them from wilting from the heat. Prepare dressing by whisking 100 ml yogurt, 1 Tbsp each lime juice & oil, 1 Tbsp milk or water, 1 clove minced garlic and pinches of salt and pepper. Set aside until ready to serve - do not toss with greens and tomatoes/peppers yet! **Low on fresh veggies and dressing ingredients? No problem! Use frozen or canned veggies instead: Simply thaw and/or drain well and keep chilled until serving. Instead of making the Greek yogurt dressing, you can simply substitute 1/3 cup of bottled ranch or Caesar dressing or even vinaigrette!**

To Serve:

~Assemble pre-cooked and cooled potatoes and grains in sections in serving bowls and heat in microwave until hot, 2-3 mins. Then add, in sections, marinated beans topped with egg and greens and tomato drizzled with yogurt dressing. Finish with nuts and avocado, if desired, and serve.