

Superfood Quinoa & Sweet Potato Power Bowl

Yields: 6 servings
Prep: 1.5 hour

Ingredients

Maple Dressing

- 1/4 cup olive oil
- 1 tbsp apple cider vinegar
- 1 tbsp maple syrup
- 1 tsp Dijon mustard
- 1 tsp chopped shallots
- 1/4 tsp kosher salt
- 1/8 tsp freshly ground black pepper

Sweet Potato

- 1 large sweet potato, peeled and cut
- 1 tsbp olive oil
- 1/4 tsp kosher salt
- 1/4 tsp freshly ground black pepper

Quinoa

- 1 cup quinoa, rinsed and drained
- 2 cups water
- 1/4 tsp kosher salt

Toppings

- 1 large ripe avocado, chopped
- 1/3 cup chopped roasted almonds
- 4 fried eggs, sunny-side up
- 1 cup sprouts, sunflower or pea shoots

Directions

1. To make the dressing, in a small bowl whisk olive oil, apple cider vinegar, maple syrup, Dijon mustard, shallots, salt and pepper until well combined. Set aside.
2. Preheat oven to 425 degrees Fahrenheit. In a mixing bowl toss together cubed sweet potato, olive oil, salt and pepper. Place sweet potato on a parchment-lined baking sheet and roast 16-18 minutes, until potatoes are tender. Remove from oven and set aside.
3. Meanwhile, in a medium saucepan, combine quinoa, water and salt. Bring to a boil over high heat. Reduce heat to a simmer, cover