

Chickpea & Sweet Potato Power Bowl

FOOD FOR FATIGUE

15 Min. Prep | Makes 1 Serving

Ingredients

- 1/4 cup sweet potatoes, cut into wedges
- 1 cup cauliflower, cut into florets
- 2 tsp. olive oil
- 1/3 cup chickpeas, drained and pat dry
- 1 clove garlic, minced
- 1 pinch smoked paprika
- 1 pinch cumin
- 2 dashes salt
- 1 pinch pepper
- 3/8 cup water
- 1/4 cup couscous
- 1/4 lemon juiced
- 1 cup kale, stems removed
- 1/4 avocado, sliced

Directions

1. Preheat oven to 425°F.
2. Add sweet potatoes and cauliflower to a baking sheet and toss with 1/3 olive oil. Bake for 20 minutes.
3. Meanwhile, combine chickpeas with another 1/3 olive oil, garlic, smoked paprika, cumin, 1/2 salt, and pepper. Toss to coat.
4. Spoon chickpeas around sweet potatoes and cauliflower and bake another 10-15 minutes until chickpeas are crispy.



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Directions cont.

5. Meanwhile, prepare the couscous. Bring water to a boil in a small saucepan. Remove from heat and pour in couscous. Let it steam for 10 minutes or until the liquid is absorbed and couscous is tender.

6. Tear or chop kale into pieces and add to a bowl with remaining olive oil, lemon juice, and salt. Massage kale with your hands until wilted.

To Assemble

Place couscous in a bowl and top with roasted cauliflower, sweet potatoes, chickpeas, kale, and avocado



Notes

Enjoy as a delicious lunch or dinner entrée.

Additional benefits:

- Great source of plant protein to fuel your day.
- Rich in vitamins and minerals.

Customizable ingredients:

- Try adding cherry tomatoes or using quinoa instead of couscous!

Nutrition Info

452 calories, 14g protein, 17g total fat, 2g saturated fat, 516mg sodium, 66g carbs, 12g fiber, 0g added sugars