

Sweet Potato, Squash, and Kale Buddha Bowl

Ingredients:

2-3 tablespoons olive oil
 1 sweet potato, sliced
 1 acorn squash
 1 head of kale
 3 portobello mushrooms, sliced
 4 beets, sliced
 1 small red onion, sliced
Optional toppings: sesame seeds, pumpkin seeds, coconut chips, or avocado

Roasted Chili Lime Chickpeas:
 1 can chickpeas, rinsed and drained
 2 tablespoons olive oil
 1 tablespoon lime juice
 1 tablespoon chili powder
 1/2 teaspoon pepper

For the dressing:
 1/4 cup tahini
 2 tablespoons water
 1 teaspoon lemon juice
 1/2 cup cilantro, chopped
 1 garlic clove
 1/2 teaspoon pepper

Directions:

1. Preheat oven to 400°F. Toss chickpeas with olive oil and seasonings, then spread out on a parchment-lined baking sheet. Bake for 30 minutes. Remove from oven, and toss every 10 minutes.
2. Meanwhile, prepare the other veggies, toss in olive oil and place on a separate baking sheets with sweet potatoes and squash on one sheet, bake in oven for 20-25 minutes; beets and mushrooms for another 15 minutes. Add the kale and red onion last to one of the baking sheets and bake for 7-8 minutes.
3. While the veggies are roasting, make the dressing in a food processor or blender.
4. Once everything is finished cooking, toss everything together in a large bowl. Drizzle with dressing and serve.

Nutrition Facts	
Serving Size 1 bowl (522g)	
Servings Per Container 1	
Amount Per Serving	
Calories 550	Calories from Fat 260
% Daily Value*	
Total Fat 29g	45%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 63g	21%
Dietary Fiber 15g	60%
Sugars 12g	
Protein 16g	
Vitamin A 150%	• Vitamin C 80%
Calcium 15%	• Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:
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