

Quinoa, Brussels Sprouts & Sweet Potato Bowl

10 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Toss the Brussels sprouts and sweet potato with the oil and harissa. Spread the vegetables evenly onto the baking sheet. Cook for 20 to 25 minutes, stirring once halfway through, until tender and starting to brown.
3. Meanwhile, cook the quinoa according to package directions. Once cooked, stir in the spinach.
4. Prepare the dressing by mixing the hummus and the water.
5. Divide the quinoa, Brussels sprouts, potatoes, and avocado into each bowl. Top with the hummus dressing and pumpkin seeds. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Store the dressing separately.

Serving Size

One serving is equal to approximately one cup of the quinoa and spinach mix, one cup of the roasted vegetables, a 1/4 avocado and three tablespoons hummus dressing.

More Flavor

Cook the quinoa in broth.

Ingredients

- 2 cups Brussels Sprouts (trimmed, halved)
- 1 Sweet Potato (medium, cubed)
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tsps Harissa
- 1/2 cup Quinoa (dry)
- 1 cup Baby Spinach (finely chopped)
- 1/4 cup Hummus
- 2 tbsps Water (warm)
- 1/2 Avocado (medium, sliced)
- 2 tbsps Pumpkin Seeds (toasted)