

Roast turkey and sweet potato bowls with Dijon-maple dressing

Ingredients

Bowl:

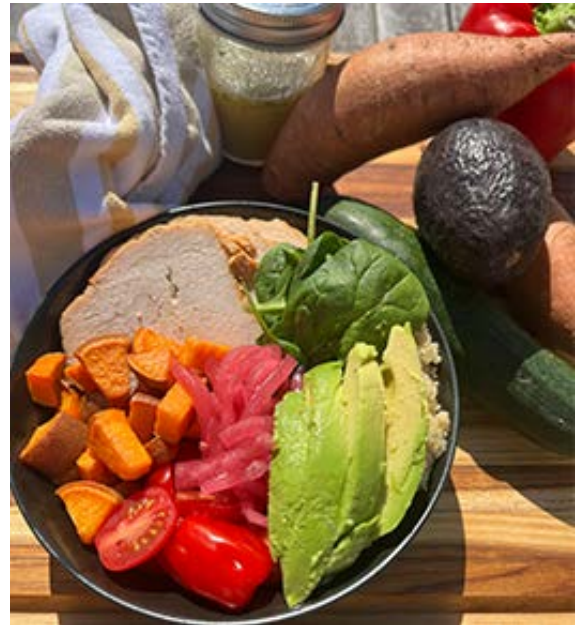
- 2 medium sweet potatoes, diced
- 1 tablespoon olive oil
- Salt and black pepper to taste
- 2 cups cooked quinoa, brown rice or farro
- 2 cups cooked turkey breast, shredded or chopped (leftovers work great)
- 1 ripe avocado, sliced
- 2 cups baby spinach or arugula
- ¼ cup toasted pumpkin seeds or chopped toasted almonds

Dressing:

- 2 tablespoons extra virgin olive oil
- 1 tablespoon fresh lemon juice or apple cider vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon maple syrup
- Salt and pepper to taste

Optional add-ins:

- Tomatoes slices or cherry tomatoes
- Sliced red peppers
- Sliced cucumber
- Pickled onions



Nutritional information

Servings: 4

Cost: \$13.35/\$3.34

Calories: 453 per serving

Directions

- Preheat oven to 400°F.
- Toss diced sweet potatoes with olive oil, salt and pepper and spread on a baking sheet lined with parchment paper.
- Roast for 25 to 30 minutes, turning halfway, until golden and tender.
- In a small bowl, whisk together olive oil, lemon juice, mustard, maple syrup, salt and pepper.
- If using leftover turkey, warm gently in a skillet or serve cold, if preferred.
- Divide cooked grain into 4 bowls.
- Top each bowl with turkey, roasted sweet potatoes, spinach, avocado slices and optional vegetables of your choice.
- Sprinkle with pumpkin seeds and/or nuts.
- Drizzle with dressing just before serving.
- Enjoy warm or at room temperature.