

## Sweet Potato, Quinoa, and Rice Bowl

Total Time: 30 minutes

### Ingredients:

1 medium sweet potato, cubed

1/4 cup chopped pecans

2 tablespoons extra virgin olive oil, divided

1 package (8.5 oz.) Quinoa and Brown Rice and Red Rice with flaxseed

Salt and pepper, to taste

1 cup kale, chopped

1 cup chickpeas, rinsed and drained



### Directions:

1. Preheat oven to 375°F.
2. Place cubed sweet potato on a baking sheet and top with 1 tablespoon of olive oil. Allow to bake for 12 minutes, then toss and bake for 12 more minutes.
3. Cook rice according to package and set aside.
4. In a small skillet, sauté kale with 1 tablespoon of olive oil over medium heat.
5. Place rice in a bowl and top with sweet potato, kale, chickpeas and pecans. Toss to combine. Salt and pepper to taste.
6. Serve and refrigerate leftovers.

**Nutrition per Serving:** Total calories 300; total fat 14g; saturated fat 1.5g; cholesterol 0mg; sodium 320mg; total carbohydrate 39g; dietary fiber 7g; sugar 3g; protein 7g