

Harvest Protein Bowl (serves 2)

By Leslee



Ingredients

- 2 sweet potatoes, peeled and cubed
- Olive oil
- ½ cup quinoa, rinsed
- Kosher salt and freshly ground pepper
- 2 cups cooked chicken breast, skinned and sliced/rotisserie chicken shredded
- 3 cups mixed greens—any kind
- ½ cup Crumbled feta cheese, queso fresco, goat cheese, or any kind you like
- 1 apple, washed, cored and diced
- ¼ cup chopped walnuts or almonds
- Fresh basil leaves

Basil-Lime Vinaigrette

- 1 teaspoon lime zest
- 4 teaspoon fresh lime juice
- 2 teaspoon honey
- 2 cloves garlic, minced
- 2 tablespoon minced fresh basil
- 6 tablespoon extra virgin olive oil
- Kosher salt and freshly ground pepper

Instructions

- Roast the sweet potatoes: Preheat oven to 425°F. Toss sweet potatoes with olive oil, salt, and pepper. Roast on a greased baking sheet for 20 minutes, until tender and browned.
- Cook the quinoa: Combine quinoa, 1 cup water or broth, and a pinch of salt. Bring to a boil, cover, and simmer on low for 30 minutes or until liquid is absorbed. Fluff and season to taste. You can also cook it in a rice cooker.
- Make the vinaigrette: Whisk lime zest, lime juice, honey, garlic, and basil together. Slowly whisk in olive oil, then season with salt and pepper. Or shake everything together in a sealed jar.
- Assemble the bowls: Divide quinoa among bowls and top with sweet potatoes, chicken, greens, apples, nuts, feta, and basil. Drizzle with dressing.
- Meal prep for later: Add dressing to the bottom of a jar, then layer the remaining ingredients, ending with the greens. Refrigerate, then shake and pour into a bowl when ready to eat.