

GLOW BOWL FROM THE BISTRO

SERVES: 4 PREP TIME: 35 MINUTES

INGREDIENTS:

1 cup cooked green lentils
1 cups cooked quinoa
2 cups sweet potatoes, cubed
2 cups broccoli, chopped
A handful of baby spinach or arugula
1 avocado, sliced
Pickled red onions (optional garnish)
Toasted pumpkin seeds or almonds for crunch



Lemon-Tahini Drizzle

1/2 cup tahini
2–3 tbsp lemon juice
1 garlic clove, minced
1–2 tbsp warm water (to thin)
Salt and pepper to taste
Optional: a touch of maple syrup or Dijon mustard

DIRECTIONS:

Preheat oven to 400 F. Spread sweet potatoes on baking tray lined with parchment paper. Roast for 15 minutes, then flip potatoes, add broccoli to the tray and roast for another 15 minutes.

Assemble bowls: Start with a base of quinoa and greens. Arrange 1/2 cup of lentils, 1/4 of the roasted veggies, and 1/4 of the avocado around each bowl. Drizzle generously with lemon-tahini sauce. Top with pickled onions and toasted seeds for crunch.