

Harvest Bowl Recipe with Sweet Potatoes

Saleha · 06/11/2021



Prep Time

1 hour

Difficulty

Easy

Servings

4

Description

The recipe of Harvest Bowls is one of my all-time most-loved creations, and something I would eat every single day! It's loaded with items I like from sweet potatoes, Brussels and sprouts to pomegranate, pecans and of course my amazing coconut rice. It's easy to cook and you can customize it with any toppings you love or even produce the ingredients you'll need from your refrigerator. To find the exact measurements and instructions for this Harvest Bowls recipe do scroll down

Ingredients

- FOR THE DRESSING: 1/4 c. apple cider 1/4 c.
- apple cider vinegar
- 2/3 c. olive oil
- 1/2 shallot, minced
- 1 tbsp. Dijon mustard
- 1 tsp. honey
- kosher salt
- Freshly ground black pepper
- FOR THE BOWLS: 1 lb. Brussels sprouts, trimmed and halved
- 1 red onion, sliced 2 sweet potatoes, cut into small cubes
- 2 tbsp. olive oil, divided
- 1 tsp. dried thyme
- kosher salt
- Freshly ground black pepper
- 3 c. sliced grilled chicken
- 2 c. finely sliced kale
- 1/2 c. dried cranberries
- 1/2 c. sliced almonds
- 1/4 c. shaved Parmesan
- 3 c. cooked brown rice

Instructions

1. Preheat oven to 425. On a large, parchment lined baking sheet, mix Brussels sprouts, sweet potato and red onion with 1 tbsp olive oil. Season with salt and pepper and thyme. Bake until vegetables are tender, 25-30 minutes.
2. Meanwhile, make the vinaigrette. In a large bowl, whisk cider, vinegar, olive oil, shallot, mustard and honey until smooth and combined. Season with salt and pepper.
3. In a medium bowl, mix kale with cranberries and almonds. Add 1/3 c prepared dressing to the salad and toss.
4. Assemble bowls: top 1 cup rice with 1 cup roasted vegetables, 1/2 cup salad, and 1 cup chicken. Top with a drizzle of dressing and serve.