

Sweet Potato Brussels Sprout Buddha Bowl

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/vegan-quinoa-thanksgiving-recipe>

Ingredients:

- 3 sweet potatoes medium, or yams, about 2½ pounds peeled, cut into ¾-inch cubes
- 2 pounds brussels sprouts trimmed of ends and damaged leaves, and halved
- 1 bunch lacinato kale also called Lacinato kale, thick stems removed, leaves washed, dried, stacked and thinly sliced
- 1 cup quinoa rinsed and drained
- 1 cup pecans toasted over high heat in a heavy dry skillet for a few minutes, toss & watch constantly to prevent burning
- 1 1/2 tablespoons nutritional yeast
- 5 tablespoons extra-virgin olive oil divided
- 2 tablespoons lemon juice 1 juicy lemon
- 1 teaspoon Dijon mustard
- 1/4 teaspoon kosher salt or more, to taste
- freshly ground black pepper to taste
- slivered almonds
- dried cranberries Sweetened, or cherries
- micro greens

Nutrition:

1. Calories: 770 calories
2. Carbohydrate: 88 grams
3. Fat: 43 grams
4. Fiber: 20 grams
5. Protein: 19 grams
6. SaturatedFat: 4.5 grams
7. Sodium: 250 milligrams
8. Sugar: 25 grams

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