RECIPE

Sweet potato, quinoa and black bean bowl

A vegan lunch bowl of roasted sweet potato, quinoa and black beans on spinach with a lime and cumin dressing, plant-forward and fiber-rich.

MAKES

4 servings US Metric

TOTAL

50 min

Ingredients

- [ ] 4 cups sweet potato in ¾-inch cubes, peeled
- [ ] 1 tbsp olive oil, for the sweet potato
- [ ] 2 tsp chili powder
- [ ] 1 ½ tsp ground cumin
- [ ] 1 tsp garlic powder
- [ ] ½ tsp black pepper
- [ ] ½ tsp salt, for the sweet potato
- [ ] 1 cup dry quinoa, rinsed
- [ ] 1 can (15 oz) no-salt-added black beans, drained and rinsed (about 1½ cups)
- [ ] 4 cups baby spinach
- [ ] 1 cup shredded red cabbage
- [ ] 4 medium scallions, sliced
- [ ] ¼ cup roasted unsalted pumpkin seeds

Method

1. Heat the oven to 400 °F with a rack in the middle. Oven heat is not changed by altitude. Line a rimmed baking sheet with parchment.
2. Toss the sweet potato with 1 tbsp olive oil, the chili powder, the garlic powder, the pepper, 1 tsp of the cumin and ½ tsp salt. Spread it in one layer on the sheet.
3. Roast 20 minutes. Stir the cubes, then roast 15 to 20 minutes more, until the edges are browned and a fork goes in with no push.
4. While the potato roasts, put the quinoa and 2¼ cups water in a pot. Bring to a boil, turn the heat to low, cover, and simmer. At 5,300 ft water boils near 203 °F, so give it 18 to 20 minutes instead of 15, until the little spiral tails show and the water is gone.

- [ ] 2 tbsp olive oil, for the dressing
- [ ] 4 tbsp lime juice (about 1½ limes)
- [ ] 1 tbsp cider vinegar
- [ ] ½ tsp ground cumin, for the dressing
- [ ] ¼ tsp salt, for the dressing
- [ ] ½ cup chopped cilantro
- [ ] 2 ¼ cups water, to cook the quinoa
- [ ] 2 tbsp water, for the dressing

5. Take the pot off the heat, keep the lid on for 5 minutes, then fluff with a fork.

6. Whisk the 2 tbsp olive oil, lime juice, cider vinegar, the ½ tsp cumin, ¼ tsp salt and 2 tbsp water in a small bowl.

7. Warm the rinsed beans in a covered bowl in the microwave until hot all through, about 2 minutes.

8. Divide the spinach among 4 bowls. Add the quinoa, sweet potato, beans and red cabbage. Scatter on the scallions, pumpkin seeds and cilantro, then drizzle with the dressing.

9. Store leftovers in parts: dressing in a jar, the rest in a tub, for up to 4 days. Cool the cooked parts within 2 hours before they go in. Reheat the potato, quinoa and beans to 165 °F, then add the cold spinach, cabbage and dressing.