

The Honey Mustard Bowl

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Makes 4 bowls

BOWL INGREDIENTS

- 1 cup brown rice, cooked to package instructions
- 1 recipe Roasted Sweet Potatoes (below)
- 1 recipe Roasted Chickpeas (below)
- 1 recipe Creamy Honey Mustard Dressing (below)
- 1 recipe Pickled Onions
- 1 bunch kale, chopped and massaged
- 1 cup chopped cucumbers
- Fresh basil and dill, chopped



Roasted Sweet Potatoes

- 1 large or 2-3 smaller sweet potatoes (4 cups chopped)
- 1 tsp chili powder
- 1 tsp cumin
- 1 tsp paprika
- $\frac{3}{4}$ tsp pink salt
- Avocado oil spray or drizzle.

SWEET POTATO INSTRUCTIONS

Preheat oven to 350°F.

Peel and chop sweet potatoes in $\frac{1}{2}$ - $\frac{3}{4}$ inch cubes. Place on a baking sheet lined with parchment paper and sprinkle the spices on top. Spray or drizzle a little avocado oil over the potatoes and toss to combine until all the sides are covered in spices.

Bake for 25-30 minutes until soft and just starting to brown.

Roasted Chickpeas

- 1 $\frac{3}{4}$ cup or 1 can cooked chickpeas
- 1 tsp smoked paprika

4 garlic cloves, chopped

¾ tsp pink salt

Avocado oil spray

CHICKPEA INSTRUCTIONS

Preheat oven to 350°F

Place all ingredients on a baking sheet covered with parchment paper and sprinkle the smoked paprika and chopped garlic on top. Quickly spray a small amount of avocado oil over all of it and toss to combine until all the sides of chickpeas are covered.

Bake for 15 minutes, just until the garlic is cooked and fragrant and the chickpeas are still soft.

Creamy Honey Dijon Dressing

1/3 cup raw cashews

¼ cup water

1/3 cup plain almond yogurt

1/3 cup Dijon mustard

1 Tbsp yellow mustard

¼ cup raw honey

1 tsp fresh lemon juice

¼ tsp pink salt, to taste

DRESSING INSTRUCTIONS

Place all ingredients in a small Vitamix canister. Blend until smooth.

Alternatively, use 1/3 cup cashew cream to replace cashews and water. If doing this you may mix all ingredients in a pint sized jar.

ASSEMBLE BOWL

Toss the kale with some of the Creamy Honey Mustard Dressing.

Assemble Bowl. Place rice on one side, kale on the other and arrange the rest of the ingredients on top. Serve with more dressing and fresh herbs.