



## HEALTHY BELLY BOWL

**SERVES: 1** Prep Time: 15 min. Cooking Time: 6 min.

CONTAINER EQUIVALENTS (per serving): 1 1½ 1 1 1

*Autumn has a few staple take-out dishes she finds herself going back to often because of their nutritional makeup as well as their taste. One of them is a quinoa bowl loaded with ingredients that aid digestion, such as turmeric, kale, dandelion greens, and sauerkraut. If you're someone who struggles with digestion, it really is a godsend, and now you can make it at home.*

### FOR DRESSING:

1 tsp.	tahini paste
1½ tsp.	water
½ tsp.	fresh lemon juice
¼ clove	garlic, finely chopped
1 dash	coconut sugar
1 pinch	sea salt (or Himalayan salt)
1 pinch	ground turmeric
½ tsp.	chopped parsley

### FOR BOWL:

1 tsp.	olive oil
1 clove	garlic, finely chopped
½ cup	chopped kale
½ cup	cooked sweet potato, cut into ½-inch cubes
¼ cup	cooked quinoa
½ cup	chopped dandelion greens
¼ cup	sauerkraut, drained
¼ tsp.	kombu powder (or sea salt (or Himalayan salt))
1 Tbsp.	raw pumpkin seeds (preferably toasted)
¼	medium avocado, sliced

1. Combine tahini, water, lemon juice, garlic, sugar, salt, turmeric, and parsley in a medium bowl; whisk to blend. Set aside.
2. Heat oil in medium nonstick skillet over medium heat until fragrant.
3. Add garlic, kale, sweet potato, and quinoa; cook, stirring frequently, for 4 to 5 minutes, or until kale is wilted and sweet potatoes are warmed through. Remove from heat.
4. Add dandelion greens, sauerkraut, and kombu; mix well.
5. Place kale mixture in a serving bowl. Drizzle with dressing; toss gently to blend.
6. Top with pumpkin seeds and avocado; enjoy!

### RECIPE NOTES:

- Meal-prepped sweet potato, or frozen sweet potato can be used.
- Kombu is an edible kelp that is great for digestion, loaded with minerals, and packed with the flavor known as umami, which makes dishes taste hearty and satisfying. It can be found in the Asian section of many grocery stores, at many health food stores, as well as ordered online.
- To make kombu powder, roast kombu at 425° F for 10 minutes, or until toasty and crisp. Break into small pieces. Process in coffee grinder into a fine powder.
- Instead of making the powder, you can add a 4-inch piece of kombu to the cooking water of your quinoa, and discard it after the quinoa is done.

### VARIATION:

You can substitute baby spinach for dandelion greens.

**NUTRITIONAL INFORMATION (per serving):** Calories: 388 Total Fat: 21 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 1,047 mg Carbohydrates: 45 g Fiber: 11 g Sugars: 2 g Protein: 11 g

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