CURRY SWEET POTATO POWER CRUNCH BOWL

Submitted by Artina Lindsey at Spartanburg Regional Healthcare System, South Carolina

SERVES 8

INGREDIENTS

1 1/2 lbs. sweet potatoes
1 1/2 cup cauliflower florets
3 cups kale, shredded
1 1/2 cups grape tomatoes
4 garlic cloves, fresh
1 shallot
4 basil leaves, fresh
2 tbsp. green onions, diced
1 1/2 cup chickpeas, drained and rinsed
1/4 cup red peppers, canned strips
3 cups couscous
2 tbsp. vegetable broth
1 cup tahini paste
2 tbsp. apple cider vinegar
4 tbsp. agave nectar
2 tbsp. tamari
2 tbsp. kosher salt
2 tbsp. curry powder
2 tbsp. paprika
2 tbsp. garlic and herb seasoning
1/2 cup oil
1/2 cup water for couscous
2-4 tbsp. water for dressing

PREPARATION

1. **Filling** Preheat the oven to 400°. Heat 1 1/2 cups of water to a boil. Turn off the heat and then add couscous, a drizzle of oil, and 2 tbsp. of vegetable broth, cover, and set aside. Clean, rinse and peel sweet potatoes then cut into a medium dice. In a bowl add curry powder, paprika, 1 tbsp. kosher salt, 1 tbsp. garlic and herb seasoning, 2 tbsp. agave nectar, 2 tbsp. of oil, and sweet potatoes. Toss and coat evenly. Place on one side of a lined baking sheet. In the same bowl, add cauliflower with remaining garlic and herb seasoning, and 1 tbsp of oil. Toss and coat evenly. Add to baking sheet. Add chickpeas to the baking sheet with salt and oil – enough to keep from sticking. Place baking sheet in the oven for 20-25 minutes. Add tomatoes, garlic, and shallots to another baking sheet pan, and drizzle with oil. Place in oven for 10-15 minutes. Place in oven until fork tender (20-25 minutes).

2. **Dressing** In a bowl, add tahini, the remaining agave nectar, basil, garlic, roasted shallots, tamari, and apple cider vinegar. Thin out the dressing with water as needed. Drain and rinse red pepper strips from the can and set them aside for service.

3. **Serving** Fluff couscous with a fork and place on the bottom of each bowl. Add other ingredients and drizzle dressing on top. Garnish with roasted pepitas and dried cranberries.