

# VEGGIE BOWLS

Recipe Courtesy: Quiana "Que" Broden, [CookingwithQue.com](http://CookingwithQue.com)

Serves 4

Prep Time: 15 minutes; Cook Time: 20 minutes

## Ingredients:

- 3 sweet potatoes
- 3 bunches kale
- Fresh dill, chopped, for sprinkling
- 1 package sliced portobello mushrooms
- 4 avocados
- 2 cans black beans
- 2 cans chickpeas
- 2-3 cups quinoa, cooked
- 2 cloves garlic, chopped
- Sunflower seeds for sprinkling
- Himalayan sea salt & pepper, to taste
- Olive oil for drizzling & sauteeing
- Liquid aminos (such as Bragg's)
- Steak seasoning

## Preparation:

Remove skin from sweet potatoes; dice them and season with salt and pepper. Drizzle olive oil on top. Bake for 20 minutes. Halfway through baking, sprinkle fresh dill on top.

Saute the kale with liquid aminos and steak seasoning. Don't allow the kale to overcook.

Season the beans with pepper.

Saute portobello mushrooms lightly with olive oil and fresh garlic.

Plate each item around the bowl; top with quinoa, avocado and sunflower seeds...then  
**INDULGE!**

Quiana "Que" Broden, who will lead a cooking demo at VegFest prepares Veggie Bowls.