

Zesty Kale & Sweet Potato Bowl (serves 4 adults)

3 cups peeled, diced sweet potatoes
3 tablespoons olive oil, divided
1 tsp chili powder, divided
1 tsp salt, divided
1/2 tsp black pepper, divided
1 large red bell pepper, quartered
1/2 cup almonds, unsalted
2 tsp lime zest
2 T fresh lime juice
1 T fresh cilantro, chopped
2 cups cooked quinoa
4 cups chopped kale
1/4 c Cotija cheese, crumbled (Cotija is a cow's milk cheese made in the Michoacan area of Mexico – the flavor is salty & milky. Young Cotija is like feta, and aged cotija is more like Parmesan; the cook may choose, between those, or substitute feta or Parmesan!)
1 ripe avocado, peeled & sliced
4 lime wedges

1. Preheat the oven to 400 degrees
2. Combine sweet potatoes, 1 1/2 tsp of olive oil, 1/2 tsp chili powder, 1/8 tsp salt, 1/4 tsp black pepper. Arrange this mixture on 1 side of a baking sheet that has been lined with aluminum foil.
3. Place bell pepper quarters on other side of pan & drizzle these with 1 1/2 tsp of oil
4. Bake until potatoes are tender & peppers lightly charred (approx. 30 min). Remove pan from oven.
5. Cut bell pepper quarters into strips.
6. Toast almonds in small skillet over medium heat until toasted (2 or 3 minutes). Then, add 1 tsp oil, remaining 1/2 tsp chili powder, 1/8 tsp salt, and 1 tsp zest. Cook 1 minute, stirring occasionally.
7. Wisk together in a bowl: remaining 5 tsp of oil, remaining 3/4 tsp salt, remaining 1/4 tsp pepper, remaining 1 tsp zest plus juice, and cilantro.
8. Spoon quinoa into bowls; top with kale, sweet potatoes & bell pepper. Drizzle with oil/juice mixture. Top with coated almonds, Cotija (or other) cheese, and avocado slices.
9. Serve with lime wedges.

This is a super delicious dish! And, as you can tell, many of the ingredients can be grown in our Bay Area Gardens!