

# eat Lunch

## grain bowl



### INGREDIENTS

- 4 oz. spinach, washed and dried
- ½ butternut squash, cubed
- ½ cup quinoa, cooked
- 4 oz. asparagus
- ½ red bell pepper, sliced
- 1 oz. edamame, shelled
- ¼ cup chickpeas
- 1 egg, hardboiled and halved
- 2 tbs. kale & parsley stem pesto
- 1 beet, steamed and shredded

### DIRECTIONS

1. Preheat oven to 350°F.
2. Place sweet potato, asparagus, red bell pepper, and chickpeas on a baking sheet. Drizzle with olive oil and bake for 20 minutes, or until tender.
3. Place spinach in serving bowl. Top with roasted vegetables, edamame, quinoa, beet, and hardboiled egg.
4. Drizzle pesto over bowl and enjoy as is or dress with your favorite vinaigrette.