

A close-up photograph of a person's hands holding a carrot in a garden bed. The person is wearing a blue and white striped shirt and light blue shorts. The garden bed is filled with various green leafy vegetables, including lettuce and spinach. The background is slightly blurred, showing more of the garden and some wooden structures.

LOCAL FOODS FOR GROWING MINDS  
**FEED  
OUR  
FUTURE**

## RECIPE CARD

Grow it. Share it. Eat it.

Cooking together not only leads to delicious healthy meals, it can also be a great way for families to spend more time together, teach each other about local foods that are in season, and how to prepare them.



## Roasted Vegetable Medley Protein Bowl

### Featured Item: Sweet Potatoes

Serving Size: 1 bowl • Yield: 4

#### Fun Facts:

- Sweet potatoes are actually not a potato.

#### Try It!

- Drizzle maple syrup over cooked sweet potatoes to satisfy your sweet tooth!

## INGREDIENTS

Egg, Hard, Cooked:	<b>4 each</b>
Onion, Red, Jumbo, Sliced:	<b>1/4 cup</b>
Sweet Potato, Local, Raw, Cubed:	<b>1/3 cup</b>
Cauliflower, Fresh Cut, Florets:	<b>1 cup</b>
Kale, Fresh, Chopped:	<b>1 cup</b>
Olive Oil, Extra Virgin:	<b>2 1/2 teaspoons</b>
Chili Powder:	<b>2/3 teaspoons</b>
Salt, Iodized:	<b>1/4 teaspoon</b>
Black Pepper:	<b>1/4 teaspoon</b>
Hummus:	<b>1/4 cup</b>

## DIRECTIONS

1. Preheat oven to 350°F.
2. Toss sweet potatoes, onions, and cauliflower with olive oil, chili powder, salt and pepper. Place on rimmed baking sheet. Spread vegetables out and roast in oven 20-30 minutes or until potatoes are tender. Add kale to cooking sheet and cook another 10 minutes.
3. To serve: In bowl, place 1/2 cup vegetables with 1 hard boiled egg (cut in half) and 1 tablespoon hummus.
4. Suggest serving with pita bread or pita chips.

Source: Pisanick Partners, LLC.