

A close-up photograph of a person's hands holding a carrot in a garden bed. The person is wearing a light blue t-shirt and shorts. The garden bed is filled with various green leafy vegetables, including lettuce and kale. 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: 25

HACCP Process #2:

Same day service

Child Nutrition Credit:

0.125 Cups of Dark Green
0.25 Cups of Other
0.125 Cups Red/Orange
2 oz Meat/Meat Alternate

INGREDIENTS

- Egg, Hard, Cooked: **25 each**
- Onion, Red, Jumbo, Sliced: **1 3/4 c., 2 tbsp.**
- Sweet Potato, Local, Raw, Cubed: **1 qt., 1/3c., 2 tsp.**
- Cauliflower, Fresh Cut, Florets: **1 qt., 2 1/4 c.**
- Kale, Fresh, Chopped: **1 qt., 2 1/4 c.**
- Olive Oil, Extra Virgin: **1/4 c., 1 tbsp.**
- Chili Powder: **1 tbsp., 1 1/4 tsp.**
- Salt, Iodized: **2/3 tsp.**
- Black Pepper: **1 1/4 tsp.**
- Hummus: **1 1/2 c., 1 tbsp.**

DIRECTIONS

1. Preheat oven to 350°F.
2. Prepare hummus: Drain beans. Mix 1 #10 can of beans with 1 pouch of hummus mix. Blend together until desired consistency.
3. 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.
4. To serve: In bowl, place 0.5 cups vegetables with 1 hard boiled egg (cut in half) and 1 tbsp. hummus.
5. Suggest serving with pita bread or pita chips.

Source: Pisanick Partners, LLC.