

Macro Lunch Bowl



Time: 60-75 minutes (prep 3-45 minutes, cooking 20 minutes, 5 minutes assembly)

Serves: 1

Ingredients: 4 teaspoons olive oil
¼ white onion, diced (optional)
1-2 garlic cloves, finely chopped (optional)
¼ cup broccoli, cut into bite size pieces
¼ cup cauliflower, cut into bite size pieces
½ cup sweet potato, cut into bite size pieces
¼ cup swiss chard, kale, or spinach roughly chopped
1 egg
¼ medium avocado, sliced
½ lemon
2 teaspoons liquid aminos (such as Bragg Liquid Aminos)
1 teaspoon sesame seeds
1 ½ teaspoons turmeric
Salt and pepper to taste
1 slice of gluten free bread, toasted or ¼ cup of prepared gluten free grain such as quinoa, rice, millet or couscous

Directions:

1. Heat oven to 400 degrees F.
2. Add 1 teaspoon olive oil and ½ teaspoon turmeric to broccoli, cauliflower, and sweet potato. Keep the three vegetables in separate bowls, do not mix.
3. Spread each vegetable on a baking sheet lined with parchment paper in a single layer keeping each vegetable separate. Roast for 10-15 minutes or until tender.
4. Cook egg until hard boiled in water, approximately 5-7 minutes. When egg is ready, drain off hot water and cool in ice water, then peel.
5. Toast gluten free bread or prepare grain according to package instructions.
6. Heat the oil in a skillet on medium temperature. Sauté the garlic and onion for 2 minutes or until soft.
7. Add the leafy greens and liquid aminos and cook for another minute. Then remove from heat.
8. Assemble ingredients in your favorite bowl, using the gluten free bread or grain for a base, top with leafy greens, then the roasted vegetables, avocado, and egg.
9. Squeeze lemon juice over dish and sprinkle with sesame seeds. Season to taste with salt and pepper.