



# Anti-Inflammatory Grain Bowl

Serves 1

## INGREDIENTS

### **Grain Bowl**

*¾ cup gluten free grain like quinoa or millet*

*2 TBSP olive oil*

*½ cup roasted sweet potato*

*½ cup roasted parsnip*

*½ cup sautéed spinach*

*¼ avocado, diced*

*Handful pumpkin seeds*

*Any additional protein you'd like including poached chicken, simply baked tofu or a poached or fried egg*

### **Dressing**

*¼ cup tahini*

*¼ cup warm water*

*2 TBSP coconut aminos*

*Juice of ½ lemon*

*½ tsp salt*

*½ tsp cumin*

*½ tsp cumin*

*Pinch of cinnamon*

## DIRECTIONS

- 1. Preheat oven to 350 F.*
- 2. Dice 1 large sweet potato and several parsnips and roast in olive oil + sea salt for approximately 30 minutes. Save what you don't use in the recipe for lunch/dinner the next day.*
- 3. Prepare grain of choice and spinach.*
- 4. Combine all dressing ingredients in a mason jar and shake to combine.*
- 5. Combine all ingredients in a bowl and drizzle with dressing.*