

# Thrive Detox BOWL recipes for Super Bowl Week!

## Warm + Roasted Winter Salad Bowl

### Ingredients:

#### For the salad:

1 cup uncooked rainbow or regular quinoa + 1.5 cups water

¾ pound Yukon Gold potatoes, chopped into ½ inch chunks (about 2.5 cups)

1 pound fresh green beans, trimmed and chopped into 1-inch pieces (about 3 cups)

2 extra-large or 3 large garlic cloves (peel left on)

1 tablespoon extra virgin olive oil

1 cup stemmed and finely chopped kale

3 green onions, thinly sliced

3 tablespoons pepita seeds

Sliced avocado

#### For the dressing:

¼ cup red wine vinegar

¼ cup extra virgin olive oil

2 teaspoons Dijon mustard

¼ teaspoon pink Himalayan salt or fine grain sea salt

Freshly ground pepper, to taste

### Directions:

1. Preheat oven to 400F and line one extra-large (or 2 large) baking sheets with parchment paper
2. Place the chopped potatoes, green beans, and garlic cloves (leave the peel on) onto the baking sheet. Toss with the oil and season with a generous amount of salt and pepper. Spread into an even layer.
3. Roast for 15min, remove from the oven and flip, and continue roasting about 10-20 more minutes until the potatoes and beans are tender and golden. Watch closely during the last 10 min to avoid burning.

4. Meanwhile, cook the quinoa by adding the quinoa into a medium pot along with the 1.5 cups water. Bring to a low boil, reduce heat to medium-low, cover with lid, and cook for 13-17 min until the water is absorbed and the quinoa is fluffy. Remove from heat, fluff with a fork, and leave the lid on to keep warm.
5. Prepare the dressing by whisking the dressing ingredients together in a small bowl. Set aside.
6. Chop the kale and green onions.
7. When the vegetables are finished roasting, remove the garlic cloves and set aside. Spoon the potatoes and beans into a large serving bowl. Stir in the quinoa and the other chopped vegetables.
8. Trim the end off each garlic clove and push the roasted garlic out. Finely chop or mash the garlic. Whisk the garlic into the dressing until combined. Pour all of the dressing onto the vegetables and toss to coat.
9. Season with salt and pepper to taste and serve immediately. Leftovers can be reheated in a saucepan with some oil and the salad will keep in the fridge for a few days.

Tip: to boost the protein even more, try adding chickpeas, adzuki beans, or lentils.

## Roasted Buddha Bowl

### Ingredients:

#### For roasting and serving

1 head broccoli, chopped into bite-sized pieces

1 head cauliflower, chopped into bite-sized pieces

1.5 cups cooked chickpeas, drained and rinsed (or one 15 oz can)

1 tablespoon oil, divided

Salt and pepper

Cooked grains, for serving (optional)

#### For the dressing

½ cup cashews, soaked

2 tbsp fresh lemon juice

1 tbsp tahini

1 large garlic clove

¼ tsp fine grain sea salt

¼ cup nutritional yeast

6 tbsp water, or as needed to thin out

**Directions:**

1. Soak cashews in a bowl of water overnight or for 8 hours. For a quick-soak method, pour boiling water over cashew and let sit in the bowl for at least 45 min
2. Preheat oven to 400F and line two large baking sheets with parchment paper
3. Place chopped broccoli and cauliflower onto one baking sheet. Drizzle with 2 tsp oil and mix with hands until coated. Sprinkle with salt and pepper. Set aside
4. Place a couple paper towels on other baking sheet and spread out the drained and rinsed chickpeas. Place 2 more paper towels on top and roll the chickpeas around until completely dry. Drizzle with 1 tsp oil and roll around the chickpeas with our hands until they are all coated. Sprinkle with salt and pepper.
5. Roast the broccoli, cauliflower and chickpea for 15 min at 400F. After 15 min, give the chickpea pan a gentle shake to roll them around in the pan. Roast both pans for another 10-15min or until the broccoli and cauliflower are cooked through and the chickpeas are golden in colour
6. Meanwhile, prepare the dressing by adding all the ingredients into a blender and blend on high speed until smooth.
7. When the vegetables and chickpeas are ready, remove from oven and place into a large mixing bowl. Add your desired amount of dressing on top and toss until coated. Season to taste. Serve over a warm bed of grains with more dressing drizzled on top

## **Sweet Potato and Coconut Soup**

1 ½ pounds sweet potatoes (about 3 large) rinsed

1 tablespoon oil

1 onion, roughly chopped

1 2-in piece of fresh ginger, peeled and thinly sliced

1 tablespoon red curry paste

1 15 oz can unsweetened coconut milk

3 cups chicken or vegetable broth

3 ½ tablespoons lemon juice

1 teaspoon kosher salt

1 tablespoon toasted sesame oil

½ cup fresh cilantro sprigs

Preheat oven to 400F. Put sweet potatoes on an oven rack and bake for 50 min or until tender. Remove from oven and let cool. Heat the vegetable oil in a large saucepan over medium heat. Saute the onion and ginger until the onion softens, about 5 min. Stir in the curry paste and cook for 1 minute. Add the coconut milk and broth and gently bring to a boil. Reduce heat to a simmer, partially cover and cook for 5 min. Skin the potatoes and cut into 1-inch chunks. Add the potatoes to the soup and simmer for 5 min. Stir in the lemon juice and salt. Ladle the soup into serving bowls. Drizzle the sesame oil evenly over the servings. Garnish with the cilantro.

(to thicken, you can smash some of the potato chunks)

## **Kale and Quinoa Salad Bowl**

### **For the Salad:**

4 cups kale

½ cup butternut squash, chopped into small cubes

½ cup quinoa

½ cup chickpeas

### **For the dressing:**

1 ripe avocado

½ tablespoon tamari

Squeeze of lime

1 teaspoon sesame oil

¼ tsp chili powder

Toasted cashews

1. Preheat oven to 350 F
2. Add your chickpeas and squash into a roasting tray. Drizzle with a little olive oil, tamari, cumin and salt. Roast in the oven for around 45 min, tossing at 15 min intervals to make sure they are evenly cooked
3. Meanwhile, put ½ cup quinoa into a pan with 1 ½ cups of water. Bring to a boil and boil for around 20min, adding more water if needed. Leave on the side to cool
4. Now, de-stem the kale and place in all in a large bowl
5. For the dressing, place all in a blender and blend until smooth
6. Scoop the dressing into the bowl with the kale and its time to get your hands dirty. Massage the dressing into the kale for around 3-5min until the kale leaves are soft and look almost wilted.
7. When all your other components are done, mix them in. Topping it off with some toasted cashews, if you choose!

