Heart Healthy Cauliflower Rice Bowl

Yield: 4 servings

Ingredients:
3 cups cauliflower rice, fresh or precooked frozen (see tip below)
3 sweet potatoes
4 tablespoons extra virgin olive oil
½ teaspoon turmeric
1 can chickpeas, drained
Zest and juice of 1 lime
½ cup chopped cilantro
Sea salt and ground pepper to taste

Optional: ½ cup crumbled feta cheese, ¼ cup pumpkin seeds or walnuts

Directions:

1. Preheat the oven to 425°F.
2. Using a grater or food processor grate the cauliflower. Skip this step if using pre-riced store-bought cauliflower rice.
3. Wash, peel and cut the sweet potatoes into 1-in cubes. Place on a sheet pan and drizzle with about 2 tablespoons of the olive oil and season with salt and pepper. Roast the sweet potatoes for about 15 minutes.
4. In a medium bowl toss the grated cauliflower with 1 tablespoon of olive oil and add the turmeric. Season with salt and pepper to taste.
5. Flip the potatoes then add the riced cauliflower and feta, if using. Toss everything together and even it all out so everything is in one layer on the sheet pan. Roast for an additional 8 minutes or until the sweet potatoes are fork tender and golden brown.
6. Lastly, in a small bowl combine the chickpeas with the zest and juice of the lime, cilantro, 1 tablespoon of olive oil and salt to taste.
7. To assemble the bowls, add the cauliflower rice, feta and sweet potatoes, top with a spoonful of the chickpea mixture and drizzle with olive oil. Sprinkle on pumpkin seeds or walnuts if using.

Tips:

1. To save time, purchase pre-riced cauliflower frozen. Use the same way as the fresh version.
2. Do not squish the cooked cauliflower and fluff before and after cooking.
3. Do not overcook the cauliflower rice, it will turn mushy if cooked too long.