



**FOOD &
FRIENDS**

RECIPE CARD

MEDICALLY TAILORED MEAL

The Food & Friends Sunshine Bowl

Home-Cook Version

Sunshine Bowl Ingredients:

3/4 pint of roasted, diced sweet potatoes
3/4 pint of brown rice
3/4 pint of quinoa
3/4 pint of cooked garbanzo beans
3/4 pint of cooked kale
1/2 diced onion
1/4 teaspoon granulated onion
1/4 teaspoon granulated garlic
1/2 teaspoon apple cider vinegar
1/4 teaspoon sumac
1/2 teaspoon salt free spice blend
1 tablespoon of fresh mint
1 tablespoon of fresh basil
1 tablespoon of fresh oregano
1 tablespoon of lemon juice
2 tablespoons of cooking oil

Dressing Ingredients:

1/4 cup apple cider vinegar
1/2 cup olive oil
2 tablespoons Dijon mustard
1/2 tsp

#FoodIsMedicine

For more: [FoodAndFriends.org](https://www.FoodAndFriends.org)

Sunshine Bowl Instructions:

Peel and dice sweet potatoes into 1/2 inch cubes, coat with oil and roast for 25 minutes at 425 degrees. Set aside to cool.

Cook rice and quinoa according to instructions on the package, drain and set aside.

Add onions to a preheated skillet over medium heat, with a tablespoon of cooking oil and sauté until translucent, add kale, and continue to sauté until kale becomes wilted, add half of the salt free spice blend, the granulated garlic, granulated onion, stir to combine and set aside.

Drain canned garbanzo beans thoroughly in water to remove any traces of sodium from the canning process.

Julienne fresh mint, basil and oregano with a sharp knife, being careful not to bruise the leaves, and set aside.

Combine all ingredients into a bowl, add lemon juice, apple cider vinegar, granulated onion, granulated garlic, sumac, salt free spice blend, and fresh herbs and toss with a spatula or spoon to combine. Enjoy!

Dressing Instructions:

Whisk apple cider vinegar and dijon mustard in a bowl, slowly drizzle in olive oil until emulsified

“We call it a sunshine bowl, because every time you eat it, it makes you smile.” - Executive Chef Rasheed Abdurrahman

