



# Autumn Harvest Power Bowl

Chef: Bryan Simmons, Regional Director of Dining Services

Serves 4



## INGREDIENTS

### Base:

- 1 cup cooked quinoa
- 1 cup baby spinach washed and dried
- Roasted/Cooked Vegetables:
- 1 ½ cup Brussels sprouts, halved
- 1 cup butternut squash, diced, and roasted
- 1 cup beets, roasted, peeled and cut into wedges
- Season all ingredients with Olive oil, salt, pepper for roasting

### Fresh Veggies:

- 1/2 cup julienned red onion
- 1/2 cup heirloom cherry tomatoes, halved
- 1/2 cup cooked corn kernels (removed from cob)

### Protein options:

- 4 grilled chicken breasts, grilled cooked, and sliced
- 4 pan roasted salmon fillets

### Toppings:

- 1/4 cup goji berry trail mix (pumpkin seeds, cashews, walnuts, dried cranberries, and dried goji berries)
- **Optional:** crumbled goat cheese or feta

### Dressing:

- 2 tbsp extra virgin olive oil
- 1 tbsp apple cider vinegar
- 1 tbsp of balsamic vinegar
- 1 tsp maple syrup
- 1 tsp Dijon mustard
- Salt & pepper to taste

*Recipe continued on next page*

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## INSTRUCTIONS

### 1. Roast the Veggies:

- Preheat oven to 400°F (200°C).
- Toss Brussels sprouts, squash, and beets separately with olive oil, salt, pepper, and thyme.
- Roast for roughly 15 minutes, flipping halfway through until browned and cooked through

### 2. Cook the Quinoa:

- Rinse and cook 1 cup quinoa in 2 cups water or broth. Simmer until fluffy (15 minutes).

### 3. Prepare the Protein:

- **Grilled Chicken:** Season with salt, pepper, olive oil. Grill until cooked through to 165F. let rest 5-10 minutes before slicing.
- **Seared Salmon:** Season with salt and pepper. Sear in a hot pan with olive oil for 2-3 minutes per side. Finish in 400F oven for an additional 6 minutes

### 4. Make the Dressing:

- Whisk together olive oil, vinegars, maple syrup, mustard, salt, and pepper.

### 5. Assemble the Bowl:

- Toss spinach in dressing, place in the bottom of the bowl
- Add quinoa
- Add roasted veggies, fresh onion, tomatoes, and corn.
- Top with chicken or salmon.
- Sprinkle goji berry trail mix.
- If desired, drizzle with additional dressing and garnish with cheese or herbs

*Bon Appetit!*

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