

# Warm Beet Kale Bowl

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 3 medium beets, washed, (peeled if not organic), chopped into bite size chunks
- Half sweet onion, chopped
- 2 tbsp organic coconut oil or grapeseed oil
- 6 large kale leaves, washed, remove from stems, ripped into chunks
- 1/2 cup hemp seeds or cooked quinoa
- 1 tbsp balsamic vinegar
- 1 tbsp extra-virgin olive oil
- Sea salt & ground black pepper to taste
- Optional: Sprinkle goat cheese on top just before serving.

## Instructions:

1. Preheat oven to 350F. Place beets and onion in a baking dish with oil and season with sea salt and pepper. Bake for 45 minutes to an hour, until fork tender. Check it at 45 minutes to make sure you don't overcook it.
2. When the beets are almost done, place the kale onto a baking sheet and drizzle with olive oil and balsamic. Bake for approximately 10-12 minutes at 350F.
3. Once all your ingredients are cooked, place them into a large bowl and mix together. Sprinkle with cooked quinoa (great to use leftovers) or hemp seeds.