



Makes 1 bowl
Preparation Time: 30 minutes
Cook Time: 00 minutes

INGREDIENTS:

½ teaspoon freshly ground black pepper
½ teaspoon garlic powder
½ teaspoon ground allspice
¼ teaspoon paprika
¼ teaspoon ground cumin
¼ teaspoon ground cinnamon
¼ teaspoon ground cloves
¼ teaspoon ground nutmeg
¼ teaspoon ground cardamom
¼ teaspoon hot chili powder
¼ teaspoon dried oregano leaves
2 tablespoons lemon juice
1 6-oz. sweet potato, peeled and cut into 1/2-inch strips (1¼ cups)
½ cup oil-free hummus
1 tablespoon chopped fresh dill
1 cup hot cooked quinoa
½ cup thinly sliced cucumber
½ cup halved cherry tomatoes or chopped tomato
2 tablespoons finely chopped red onion
½ of a whole wheat pita round, cut into wedges

Shawarma Sweet Potato-Quinoa Bowl

Ready in 30 minutes, this single-serve sweet potato-quinoa bowl makes a colorful and satisfying meal when you don't have a ton of time on your hands. (If you're making this recipe for more than one person, be sure to adjust the ingredient amounts.) Roasted sweet potatoes coated in a homemade shawarma seasoning give this hearty dish a classic Middle Eastern smokiness, while warm quinoa, cool cucumber, creamy [hummus](#), and juicy cherry tomatoes bring in all the best flavors of your favorite kebab shop. Garnish with tangy red onion and fresh dill, and you're ready to dig in! Enjoy this flavor-filled bowl warm, at room temperature, or chilled. To make it [gluten-free](#), serve with gluten-free crackers or bread instead of whole wheat pita.

Tip: You'll have leftovers of the Salt-Free Shawarma Seasoning, so you can store it in an airtight container and use it to flavor more roasted veggies, add to grain bowls, or sprinkle onto sandwiches.

For more inspiration, check out these tasty ideas:

- [15-Minute Quinoa Slaw Bowl](#)
- [BBQ Jackfruit Bowls with Texas Toast](#)
- [Quinoa Broccoli Bowls with Roasted Beets](#)
- Or this delicious collection of [Vegan Grain Bowl Recipes](#)

By Ellen Boeke

- 1 For Salt-Free Shawarma Seasoning, in a small bowl combine the first 11 ingredients (through oregano).
- 2 Preheat oven to 400°F. Line a baking sheet with parchment paper or a silicone baking mat. In a medium bowl combine 1 tablespoon of the lemon juice, 1 teaspoon of the Salt-Free Shawarma Seasoning, and 1 tablespoon water. Add sweet potato strips; toss to coat. Place sweet potato on prepared baking sheet. Roast 15 minutes or until tender. Transfer baking sheet to a wire rack. Drizzle sweet potato with any remaining seasoning mixture in bowl.
- 3 Meanwhile, in a small bowl whisk together hummus, dill, and the remaining 1 tablespoon lemon juice. Whisk in 2 tablespoons water, or enough to reach drizzling consistency.
- 4 In a bowl combine sweet potato, quinoa, and hummus mixture. Toss to coat. Top with cucumber, tomatoes, and onion. If you like, sprinkle with additional Salt-Free Shawarma Seasoning and dill. Serve with pita wedges. Store leftover seasoning in an airtight container for up to 3 months.