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Veggie Burrito Bowls with Sweet Potato Noodles

By Amy Katz

Veggie Burrito Bowls with Sweet Potato Noodles are a healthy vegan, gluten-free, and oil-free meal. Add your favorite toppings to make them your own!



Servings 2

Ingredients

- 2 sweet potatoes peeled and spiralized (about 4 cups spiralized)
- salt and pepper to taste
- 1 can black beans excess liquid drained (1 1/2 cups)
- 1 cup corn fresh or frozen
- 2 cups shredded Romaine lettuce
- toppings such as guacamole, salsa, Ranch dressing, sliced black olives, sliced green onions, etc.

Instructions

1. Spread the spiralized sweet potatoes on a baking sheet lined with parchment paper. Season to taste with salt and pepper. Bake in a 425 degree oven for about 15 minutes until the sweet potato noodles are soft.
2. Meanwhile, heat the black beans and corn, if desired. (They can either be served hot or cold.)
3. To assemble your burrito bowls, divide the sweet potato noodles, black beans, corn, and lettuce among two large bowls. Add your desired toppings and enjoy!



About the author...

I'm **Amy Katz**, and I have always enjoyed cooking. (And eating!) I've been vegan since January 2013, and I also follow a gluten-free diet. My favorite recipes are colorful plant-based recipes that anyone can recreate at home in little time. I became vegan for the animals and the environment, but I've discovered a lot of health benefits throughout my journey. www.vegiessavetheday.com

