



Nourish Bowl

Try this recipe or build your own.

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Grain bowls are endlessly adaptable and perfect for using up leftovers. This nourish bowl is a nutritionally complete meal that's rich in protein from the combo of brown rice and chickpeas (also known as garbanzo beans) and phytonutrients thanks to the colorful veggies.

Servings: 4 / Ingredients: 19

Ingredients

- 1½ cups quinoa, cooked and cooled
- 3 medium sweet potatoes
- 2 tablespoons olive oil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 can chickpeas, drained and rinsed
- 2 medium beets, peeled and grated
- 2 large apples, cored and diced
- 6 cups arugula or baby spinach
- ½ cup raw walnuts

For the Tahini Dressing:

- ¼ cup tahini
- 2 tablespoons olive oil
- 1 tablespoon maple syrup
- 2 teaspoons Dijon mustard

- 1 tablespoon apple cider vinegar
- 2 tablespoons lemon juice
- 4 tablespoons water, or more as needed
- ¼ teaspoon salt, or to taste
- ¼ teaspoon pepper, or to taste

Directions

1. Preheat oven to 375°F. Line a baking sheet with parchment paper.
2. Wash and peel the sweet potatoes and cut into 1-inch cubes. Mix with olive oil, salt, pepper and toss to coat. Bake for 30 to 40 minutes or until tender. Remove from oven and let cool.
3. Combine ingredients for the tahini dressing in a mixing bowl and whisk or blend. Gradually pour in water while blending until the mixture reaches a creamy and pourable consistency.
4. To assemble individual bowls, add quinoa, sweet potatoes, chickpeas, beets, apples, arugula or baby spinach and top with walnuts. Drizzle with tahini dressing and serve.

Nutrition Facts (per serving)

Calories: 519; fat: 29g; saturated fat: 17g; polyunsaturated fat: 2g; monounsaturated fat: 8g; carbohydrates: 61g; sugar: 38g; fiber: 9g; protein: 11g; sodium: 163mg

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