

LEMON TAHINI BUDDHA BOWLS (V, GF)

Serves 3-4

Ingredients

For the roasted veggies (this is just an idea of what to use):

2 Japanese or regular sweet potatoes, peeled and chopped
1 bag brussels sprouts, trimmed and halved
1 head broccoli, cut into florets
1 lb green beans, trimmed
olive oil
garlic powder
Salt and pepper, to taste

Cooked grains of your choice

Optional toppings for assembling the bowls:

1 medium English cucumber, chopped
1 bunch scallions, chopped
1 pint grape tomatoes, halved
Spinach, kale or arugula
Hemp seeds
Sliced avocado

Lemon Tahini Dressing:

1 garlic clove
1/2 cup lemon juice
1/4 c tahini
3 tbs nutritional yeast
1/2 tsp salt



Directions

Preheat the oven to 400 and line 2 baking sheets with tin foil. Assemble all veggies for roasting evenly in one layer on the sheets, then drizzle with olive oil, salt, pepper and garlic powder. Roast veggies for 30-40 minutes or until veggies have cooked slightly and charred. Let veggies cool before storing in the fridge. When you're ready to assemble you can heat these veggies up in the microwave or in a lightly oiled skillet.

Make the dressing - blend all ingredients and add more salt (or pepper) to taste. Keep in an airtight container. Shake well before using.

To assemble bowls - start with a 1/4 cup quinoa, then a handful of greens, followed by an assortment of roasted veggies, then any additional toppings from the list above. Hemp seeds are on there because of their added "crunch" factor but also for their healthy omegas, protein content and vitamins and minerals. Top with drizzled dressing and enjoy!