

## ROASTED VEGETABLE BUDDHA BOWL

Personally, I love meals in a bowl. I love when all my food gets combined and every bite has a little bit of everything.

This is a real simple combination of lightly steamed vegetables on top of a grain, like brown rice or quinoa that I top with a sauce. In this recipe I use a lemon tahini sauce that makes it delicious.

*Makes 4-6 servings*



## INGREDIENTS

*Dressing (makes about 2 Tablespoons/serving):*

3 tbsp fresh lemon juice, about 1 small lemon

2 small cloves of garlic, grated or minced or just smash the cloves if you don't actually want to eat the garlic, but still have a subtle garlic flavor

¼ cup raw tahini (roasted tahini is fine, but raw is a little milder)

3-4 tbsp room temperature or warm water

¼ cup unrefined, cold-pressed, extra-virgin olive oil

¾ tsp sea salt + more to taste

Pinch of cayenne (optional)

8-10 cups mixed vegetables cut into bite-sized pieces such as broccoli, red pepper, zucchini, carrots etc.

2 tbsp melted unrefined coconut oil or unrefined olive oil

3-4 large leaves of kale, washed, dried, stems removed

Sea salt and freshly ground black pepper to taste



## **ROASTED VEGETABLE BUDDHA BOWL (CONTINUED)**

Steamed brown rice, millet, or quinoa for serving (optional)

### **METHOD**

1. Preheat oven to 400 degrees. Line a large baking sheet with unbleached parchment paper.
2. Make the dressing (or you can make while the vegetables are roasting): in a small bowl, whisk together the lemon juice, garlic, tahini, water, olive oil, salt, and cayenne until well blended. Just use the amount of water you need to get the consistency you want.
3. In a large bowl, toss the broccoli and cauliflower with the oil. Don't wash the bowl yet. Place the vegetables in one layer on the prepared baking sheet. Season with salt and pepper to taste. Roast for about 20-30 minutes, or until tender and golden in spots. I like to turn the vegetables after about 15 minutes.
4. Take the kale leaves and rub them around the bowl with any remaining coconut oil until lightly coated. Tear until large pieces and sprinkle with a pinch of salt and pepper. Place on top of the vegetables in the oven and roast until the kale is just crispy, about 5-10 minutes.
5. If you'd like to eat this as a "bowl," place a scoop of rice/millet/quinoa in a bowl and top with the vegetables. Spoon some sauce over everything.

\*Other roasted veggies that would be great are beets, butternut squash, and sweet potatoes!