Merritt Banks Name
Senior Age Division
Fruits and Vegetables Catego
Nacogdoches County Name

Roasted Vegetable Quinoa Bowls

INGREDIENTS:

FOR THE VEGETABLES:
• 1 large sweet potato, chopped into 1/2-inch pieces
• 2 cups broccoli florets
• 2 cups cauliflower florets
• 2 cups Brussels sprouts, cut in half
• 1/2 red onion, sliced
• 1-2 tablespoons olive oil
• Salt and black pepper, to taste
• 3 cups chopped kale

FOR THE QUINOA:
• 1 cup quinoa, rinsed
• 2 cups water
• Pinch of salt

FOR THE LEMON TAHINI DRESSING:
• 1/3 cup tahini
• 1 clove garlic
• 4 tablespoons lemon juice
• 1/3 cup warm water
• Salt and pepper, to taste

DIRECTIONS:
1. Preheat oven to 400 degrees F. Place the vegetables on two baking sheets, making sure they are in an even layer and spread out a little. Drizzle with olive oil and toss until the vegetables are coated. Season with salt and black pepper. Place in the oven and roast for 20 minutes. Remove from the oven and toss the vegetables. Place the pans back in the oven and roast for 20-25 more minutes or until vegetables are tender and slightly crisp. I prefer my vegetables crispy and a little black on the edges so I let them roast for about 45 minutes total.
2. While the vegetables are roasting make the quinoa.In a medium saucepan, combine water, rinsed quinoa, and salt. Bring to a boil. Reduce heat to low and cover with a lid. Cook for 15 minutes. Remove from heat and let stand for 5 minutes, covered. Remove the lid and fluff the quinoa with a fork.
3. To make the lemon tahini dressing, whisk together the tahini, garlic, lemon juice, and, water in a small bowl or jar. Season with salt and pepper, to taste. If the dressing is too thick, add a little more water and whisk again.
4. To assemble the bowls, add quinoa, an assortment of the roasted vegetables, and chopped kale. Drizzle with lemon tahini dressing.
Note-If you are meal prepping, you can place the dressing in a separate container and wait to dress the bowls. You can heat up the roasted vegetables and quinoa in the microwave and add the kale and dressing when you are ready to eat. Feel free to roast whatever vegetables you like!
YIELD: SERVES 4