

Ingredients

3 cups brown rice, cooked	1 batch Roasted Sweet Potato Recipe
3 cups quinoa, cooked	
2 cans black beans, rinsed and drained	6 heads broccoli
2 cans chickpeas, rinsed and drained	1 pkg baby spinach
1 batch Spicy Roasted Cauliflower Recipe	1/2 cup tahini
	2 Tbsp honey
	1 lemon, juiced

Instructions

Cook grains according to package directions. Drain and rinse beans. Prepare Roasted Cauliflower and Roasted Sweet Potato recipes as directed. Blanch broccoli. In a small bowl whisk together tahini, honey, lemon juice and water.

To serve place greens in a bowl, top with desired components, drizzle with dressing.

Nutrition Information Per Serving

Serving Size: 1/2 cup grain,
1/2 cup bean/pea/lentil, 2 cups
vegetables, 2 Tbsp dressing

Serves 12

Calories: 450

Fat: 17 gm

Sodium: 300 mg

Fiber: 17 gm

Carbohydrates: 60 gm

Protein: 21 gm

Sugars: 6 gm