

Power Bowl

Serves: 12- 1/2 cup grain, 1/2 cup bean/pea/lentil, 2 cups vegetables, 2 Tbsp dressing

amount	unit	Ingredients:
2	cups	quinoa
2	cans	chickpeas, rinsed and drained
3	each	cauliflower heads, cut into bite size pieces
4	each	broccoli heads, cut into bite size pieces
2	each	garlic cloves, minced
2	Tbsp	olive oil
1	Tbsp	cumin
1	tsp	turmeric
1	tsp	paprika
1	tsp	salt
1	tsp	black pepper
0.50	cups	tahini
2	Tbsp	honey
1	each	lemon, juiced
0.50	cups	water
2	pkg	baby spinach
4	each	avocado, sliced

Instructions: Cook quinoa according to package directions. Drain and rinse beans. Combine cauliflower, broccoli and chickpeas in a large bowl. Add garlic, oil, and seasonings and toss to coat. Spread on parchment lined sheet pan and roast in 450 degree oven for 20-30 minutes, stirring halfway through. In small bowl whisk together tahini, honey, lemon juice and water. To serve place greens in bowl, top with roasted vegetables and chickpeas, add sliced avocados and drizzle with dressing.

Nutritional Information:

Calories: 450; Carbohydrates: 60g; Fiber: 17g; Sugars: 6g; Protein: 21g; Fat: 17g; Saturated Fat: 2g;