

Roasted Veggie Grain Bowl



INGREDIENTS

- 4 c cooked quinoa
- 1 c kale & pepita pesto
- 2 carrots chopped into 1/2" pieces
- 2 beets, peeled and cut into 1/2" pieces
- 1/2 bunch sprouting cauliflower
- 1/2 bunch sprouting broccoli
- 1 14 oz can chickpeas, drained and rinsed
- toasted pepitas
- sauerkraut (optional)
- extra virgin olive oil (EVOO)

INSTRUCTIONS

1. Cook quinoa based off the instructions on box or bag. Preheat oven to 425 and line 2 baking sheet pans with parchment paper.
2. Place the carrots, beets on one pan. On the other pan place the cauliflower and broccoli. Drizzle the vegetables with EVOO and season with salt and pepper. Toss everything to evenly coat. Roast the carrots and beets for 20-25 minutes or until fork tender. Roast the cauliflower and broccoli for 10-12 minutes or until tender. Once the cauliflower and broccoli has cooled to touch chop the stems.
3. To assemble the bowls use a scoop of quinoa and top with the roasted vegetables, 1/4 c of chickpeas, a scoop of sauerkraut, and toasted pepitas. Drizzle with kale & pepita pesto. Season to taste.
4. Recipe will make 4 bowls.