



# ROASTED VEGGIE GLOW BOWL



1 SERVINGS



35 MINS

CALORIES  
528

PROTEIN  
14G

FATS  
17G

CARBS  
71G

## INGREDIENTS

- 1 cup quinoa and kale mixture
- ½ cup roasted sweet potatoes
- ½ cup roasted cauliflower florets
- ¼ cup roasted carrots
- ¼ avocado, sliced
- 2 tablespoons golden tahini dressing
- 1 tablespoon pumpkin seeds
- Fresh parsley for garnish

## METHOD

1. Roast sweet potatoes, cauliflower, and carrots with olive oil, salt, and spices at 425°F for 25 minutes.
2. Mix cooked quinoa with chopped kale while still warm to wilt the kale slightly.
3. Arrange quinoa and kale mixture as the base, top with roasted vegetables and avocado, drizzle with tahini dressing, and sprinkle with pumpkin seeds and parsley.

**Pro Tip:** Roast a large batch of vegetables on the weekend to use in various bowls throughout the week. The golden tahini dressing can be made ahead and stored in the refrigerator for up to 10 days.