

# Roasted Vegetable & Grain Bowl

PREP TIME: 10-15 MINS

COOK TIME: 30-35 MINUTES

YIELDS: 4 BOWLS

## Ingredients

- 1 cup uncooked quinoa (any color)
- 2 cups vegetable stock or broth, low sodium
- 1 red onion, raw & sliced
- 2 sweet potatoes, raw & cut into chunks
- 3 cups brussels sprouts, shredded or halved
- ¼ cup olive oil
- 1/2 teaspoon each: sea salt, dried oregano, garlic powder

## Nutrition Content for 1 Bowl

Calories: 425kcal    Carbohydrates: 60.3g  
Fat: 16.9g            Protein: 11g  
Fiber: 10g            Added sugar: 0g  
Sodium: 380mg



## Qualities

Texture: Multi-Texture  
Rating for Scent : 1/10  
Spice Level: 0/10

## Recipe Benefits

- Promotes Gut Health
- Anti-Inflammatory

## Roast the vegetables:

1. Preheat the oven to 400 degrees.
2. In a bowl, toss the cut vegetables with olive oil and dry seasonings.
3. Transfer the oil coated vegetables to a baking pan, spreading evenly.
4. Place the pan in the hot oven and roast for 30–35 minutes, or until fork tender and golden brown.
5. While vegetables are roasting, cook the quinoa.



## Cook the quinoa:

1. Rinse quinoa using a fine mesh strainer (see Chef's Tips). Pour the uncooked quinoa in a small saucepan along with the vegetable stock. Bring mixture to a boil over medium-high heat. Lower heat to a simmer, cover with a lid, and cook for 15 minutes. Remove the pan from the heat. Allow the quinoa to rest in the saucepan for about 3–5 minutes, without opening the lid, to absorb all the liquid and steam. Uncover and fluff with a rubber spatula or serving spoon.
2. Combine ingredients in bowls and serve warm!

## Chef's Tips:

- Rinsing quinoa is recommended as quinoa naturally has a substance called saponin on the exterior, which protects the seeds from fungus & pests. Saponin is fine to eat, but it can taste nutty and bitter to some individuals.
- Proteins such as black beans, grilled or seared salmon, shredded chicken, or steak can be added on top. Other vegetables and grains can also be used.