

## Roasted Veggie and Quinoa Bowls

[www.ilovevegan.com/roasted-veggie-quinoa-bowl/](http://www.ilovevegan.com/roasted-veggie-quinoa-bowl/)

### Shopping List

#### Produce

- 1 bag broccoli florets
- 1 head Garlic (or garlic powder)
- 1 bag kale (pre-washed and torn)
- 1 medium sweet potato
- 1-2 limes
- 1 medium sweet potato

#### Canned & Dried Goods

- 1 can chickpeas
- Olive Oil (or Canola Oil)
- Quinoa
- Vegetable broth (low sodium)

#### Condiments/Seasoning

- Chili powder
- Curry powder
- Pepper
- Salt
- Soy Sauce (or Coconut Aminos)
- Sriracha Sauce

#### Optional toppings –

- Avocado, hummus, red pepper flakes, Greek Yogurt



## Ingredients

### GARLIC ROASTED BROCCOLI

- 2 cups broccoli
- 2 tsp olive oil
- 2 cloves garlic, minced (or garlic powder)
- pinch of salt
- black pepper

### ROASTED SRIRACHA & SOY SAUCE CHICKPEAS

- 1 can chickpeas (rinsed & drained)
- 1 tsp olive oil
- 2 tsp sriracha
- 2 tsp soy sauce

### CURRY ROASTED SWEET POTATOES

- 1 sweet potato, diced small cubes
- 1 tsp olive oil
- 1 tsp curry powder
- 1 tsp sriracha
- pinch salt

### QUINOA

- $\frac{3}{4}$  cup quinoa, rinsed
- 1.5 cups vegetable broth

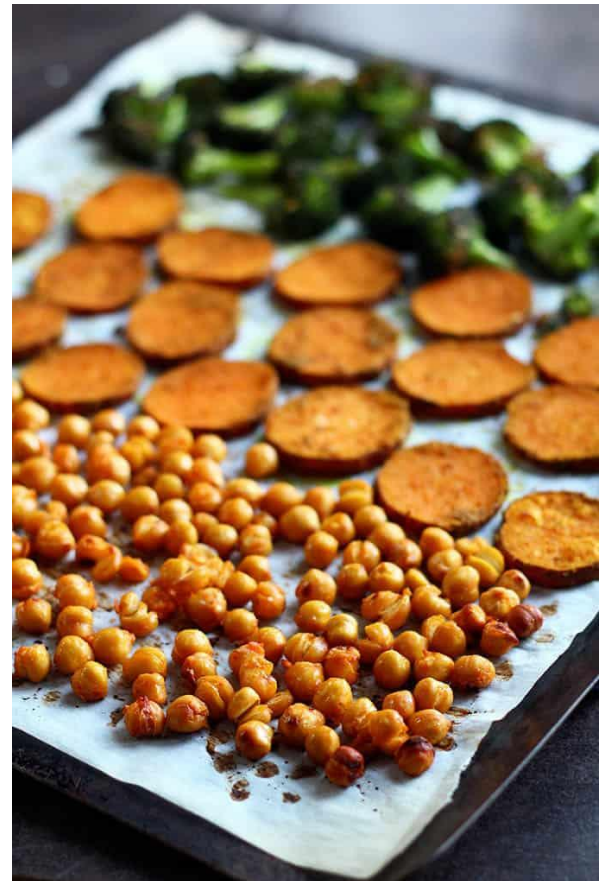
### CHILI-LIME KALE

- 2 cups (packed) kale, destemmed and chopped
- 1 tsp olive, coconut oil
- juice of  $\frac{1}{4}$  lime
- $\frac{1}{2}$  tsp chili powder
- pinch salt
- pinch pepper

## INSTRUCTIONS

### ROASTING

- Preheat oven to 400F. Line a large baking sheet with parchment paper.
- Prep your vegetables: chop broccoli into medium sized florets, destem and chop the kale, scrub and slice the sweet potato into ¼" wide rounds.
- Massage the broccoli florets with oil, garlic, salt and pepper - make sure to work the ingredients into the tops of the florets. Lay them in a row down the center third of a large baking sheet.
- Using the same bowl you mixed the broccoli in, combine chickpeas, oil, sriracha and soy sauce. Spread them out in a row next to the broccoli.
- In the same bowl combine the oil, curry powder, salt, and sriracha. Add the sliced sweet potato and toss to coat. Lay the rounds on the remaining third of the baking tray.
- Bake for 10 minutes. Flip the broccoli and sweet potatoes and redistribute the chickpeas to promote even cooking. Bake for another 8-12 minutes.



### QUINOA

- Rinse and drain the quinoa. Add rinsed quinoa and vegetable broth to a small saucepan and bring to a boil over high heat. Turn the heat down to medium-low, cover and simmer for approx. 15 minutes. Once cooked, fluff with a fork and set aside.

## KALE

- While the quinoa is simmering and the rest of the ingredients are roasting, preheat a large skillet with 1 tsp oil. Add the kale and cook for approx. 5 minutes, or until nearly tender. Add the salt, chili powder, and lime juice. Toss to coat and cook for another 2-3 minutes.

## SERVING

- Assemble the bowls: Scoop  $\frac{1}{2}$  to 1 cup of quinoa into each bowl, top with  $\frac{1}{2}$  of the broccoli,  $\frac{1}{2}$  the chickpeas,  $\frac{1}{2}$  kale, and  $\frac{1}{2}$  sweet potatoes. Feel free to keep everything separated in the bowl or mix it all together.

