

Garden Veggie Bowl

Prep time: 15 minutes **Cook time:** 30 minutes

Serves: 4 servings

Veggie Bowl Ingredients:

- 2 medium sweet potatoes
- 2 bell peppers, sliced
- 1 15 oz can chickpeas, drained and rinsed
- 1 teaspoon cumin
- ½ teaspoon garlic powder
- ½ teaspoon smoked paprika
- 1 tablespoon olive oil
- 1 cup quinoa
- Salt and black pepper, to taste
- Zest of 1 lime

Garden Herb Sauce Ingredients:

- 1 bunch cilantro
- ½ bunch parsley
- 2 cloves garlic
- 1 lime, juiced
- ¼ cup olive oil
- ½ jalapeno (or more)
- 1 tablespoon apple cider vinegar
- Pinch of salt

Optional Add-Ins:

- Lime Wedges
- Avocado
- Cilantro
- Greens (e.g. spinach or arugula)

Instructions:

Quinoa:

1. Add 1 cup uncooked quinoa and 2 cups water to pot. Bring to a boil. Once boiling, cover, reduce heat to low, and simmer for 15 minutes.
2. Remove from heat and fluff with fork.

Roasted Veggie Bowl:

1. Preheat oven to 425 degrees. Chop sweet potatoes into 1 inch cubes. Toss potatoes and chickpeas with 1 tablespoon olive oil, cumin, garlic powder, smoked paprika, salt and pepper. Place on greased baking sheet in a single layer. Roast for 15 minutes.
2. After 15 minutes, add peppers to baking sheet and toss. Bake for additional 15-20 minutes until potatoes are tender.
3. Remove from oven and toss with lime zest.
4. To serve, combine ¼ vegetables, ½ cup quinoa, add-ins of choice and 2 tablespoons garden herb sauce.

Garden Herb Sauce:

1. Add ingredients to food processor or blender. Blend until smooth and creamy.
2. Serve on top of salads, roasted vegetables, and/or proteins! This keeps well in the refrigerator for one week. Note that the fats will separate when chilled. Run under warm water to heat up or let sit at room temperature before use.

Nutrition Facts

Servings: 4

Amount per serving

Calories **408**

% Daily Value*

Total Fat 17.6g 23%

Saturated Fat 2.3g 12%

Cholesterol 0mg 0%

Sodium 158mg 7%

Total Carbohydrate 55.7g 20%

Dietary Fiber 8.3g 30%

Total Sugars 4.6g

Protein 9.9g

Vitamin D 0mcg 0%

Calcium 65mg 5%

Iron 4mg 22%

Potassium 789mg 17%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.