

Teri Fisher's Roasted Vegetable Grain Bowls Recipe

Makes: 4 bowls

Prep Time: 15 minutes

Cook Time: 40 minutes

Total Time: 55 minutes

Ingredients

- *roasted vegetables:*
- 6 tablespoons extra virgin olive oil, divided
- 1 sweet potato, scrubbed and chopped
- 4 small carrots, scrubbed and quartered
- 1/2 head cauliflower, trimmed and cut into bite sized florets
- 1/2 bunch broccolini, trimmed and chopped
- *assembly:*
- 1 cup cooked quinoa
- 1 cup cooked brown rice
- 1 1/3 cups store bought hummus of choice
- 1 (15 ounce) can chickpeas, drained
- 1/2 bunch purple kale, stemmed, torn into bite sized pieces and massaged until softened
- 1 avocado, pitted and thinly sliced
- 1/2 hothouse cucumber, thinly sliced
- 4 teaspoons toasted sesame seeds
- salt and pepper to taste



Directions

1. Preheat oven to 375°F.
2. *For vegetables:* Place sweet potatoes and carrots onto a baking sheet and toss with 2 tablespoons oil. Spread into a single layer. Season with salt and pepper. Roast vegetables for 20 minutes.
3. Place cauliflower and broccolini into a mixing bowl and toss together with 2 tablespoons oil. Season with salt and pepper and toss again.
4. After 20 minutes remove baking sheet from oven, add cauliflower and broccolini to baking sheet and toss together, spreading into a single layer.
5. Place vegetables back into oven and continue to roast for an additional 20 minute or until vegetables have charred and are fork tender. Remove from oven and cool.
6. *To assemble:* In a large mixing bowl, toss together brown rice and quinoa.
7. Divide grain mixture into bowls or airtight containers.
8. Top grain mixture with a dollop of hummus, a small handful of kale and some chickpeas.
9. Spoon a couple large spoonfuls of roasted vegetables into each bowl and top with a few slices of avocado and cucumbers.
10. Finish each bowl with a drizzle of olive oil, salt and sprinkle of sesame seeds. Serve or cover and refrigerate.