

Harvest Bowl



Ingredients

Base

- 1 cup quinoa
- 3 broccoli crowns
- 1 head of cauliflower
- 1 package of brussels sprouts
- 3 sweet potatoes (can substitute or add carrots or butternut squash)
- Canned beets
- Pepitas
- Pecans

Tahini Dressing

- 1/2 cup tahini
- 1 Tbsp maple syrup
- 3 Tbsp lemon juice
- 2+ Tbsp water

Directions

Base

- Rinse, drain and cook quinoa according to directions, usually about 15-20 minutes.
- Saute or roast the broccoli, cauliflower, brussels sprouts, sweet potatoes. If roasting, bake about 20 minutes at 400 degrees, longer for the potatoes.
- Chop the avocado and beets.
- Place the quinoa at the bottom of the bowl, add the vegetables, beets, avocado. Top with pecans, pepitas and tahini dressing.

Tahini Dressing

- Mix together all of the ingredients except water. Start adding water slowly and stir in between tablespoons until you reach the desired consistency, which is just barely able to pour.

Notes