

VEGAN ROASTED VEGGIE BOWL

Ingredients:

veggies -

(Any combo of your favorites will twerk!)

1 bunch heirloom carrots
1-2 sweet potatoes
1 bunch broccoli
1 bell pepper
2 small zucchini
1 portabella mushroom cap
3-4 T olive oil

sauce -

1.5 T sesame oil
1/4 cup soy sauce
3-4 T dark brown sugar
1-2 t sriracha, to taste
2 1/2 T almond butter or natural peanut butter

to serve -

1-2 cups cooked quinoa or brown rice
ground peanuts (lots!)
sriracha
green onion/chives, for garnish

Directions:

Preheat oven to 400F. Line 2 baking sheets with foil. Spread out chopped veggies over both baking sheets. Drizzle with olive oil, salt and pepper. Toss to coat. Roast for 20 minutes, toss then roast for 15-20 more minutes. Meanwhile cook rice or quinoa.

Place all the ingredients for the sauce in a jar. Shake! Taste and add whatever you think!

In a large bowl stir together the sauce and the veggies. Serve with quinoa or brown rice. Top with ground peanuts, sriracha and green onions or chives.