

## Roasted Veggie Grain Bowl Recipe

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| 1 cup brown rice, or your choice of whole grain | 1 Tbsp. fresh cilantro, minced    |
| 1 (15 oz.) can black beans, drained & rinsed    | ½ tsp. cumin                      |
| 1 tsp. fresh garlic, minced                     | ½ tsp. chili powder               |
| 1 Tbsp. fresh lime juice                        | 2 cups fresh spinach              |
| 1 cup zucchini, sliced                          | ½ cup bell peppers, sliced        |
| ½ cup yellow onion, sliced                      | ½ cup corn kernels                |
| 1 tsp. olive oil                                | ½ tsp. pepper                     |
| 1 sweet potatoes, peeled & cut in 1" cubes      | 1 Tbsp. maple syrup               |
| 2 Tbsp. olive oil                               | 1 tsp. Tabasco sauce              |
| 2 cups fresh mushrooms, washed                  | 2 Tbsp. red wine vinegar          |
| 2 Tbsp. olive oil                               | ¼ tsp. fresh garlic, minced       |
| ¼ tsp. salt                                     | ¼ tsp. black pepper               |
| 1 Tbsp. fresh parsley, minced                   | 1 Tbsp. fresh garlic, minced      |
| 1 Tbsp. lemon zest                              | 1 cup cherry tomatoes, cut in 1/2 |
| 1 cup canned roasted red peppers                | ½ cup fresh parsley               |
| ¼ cup sliced almonds, toasted                   | 1 Tbsp. olive oil                 |
| 1 tsp. balsamic vinegar                         |                                   |

- Place the rice in a small saucepan, add 2 cups water, bring to a boil. Reduce to a simmer, cover & cook 25 minutes, till tender, keep warm.
- Meanwhile, combine black beans, cumin, 1 tsp. garlic, chili powder & lime juice, set aside.
- Pre-heat oven to 350'. Combine in a bowl zucchini, bell peppers, onion, corn, 1 tsp. olive oil & ½ tsp. pepper, transfer to a baking sheet & roast for 30 minutes, till lightly browned - keep warm.
- Combine in a bowl: sweet potato cubes, maple syrup, 2 Tbsp. olive oil & 1 tsp. Tabasco sauce, toss well to coat. Transfer to a baking sheet & roast at 350' for 40 minutes, till tender. Keep warm.
- Combine in a bowl: mushrooms, red wine vinegar, 2 Tbsp. olive oil, ¼ tsp. each garlic, salt & pepper, toss well to coat & set aside.
- Combine minced parsley, garlic & lemon peel in a small bowl, set aside.
- Combine red peppers, ½ cup parsley, toasted almonds, 1 Tbsp. olive oil & 1 tsp. balsamic vinegar in a food processor with the steel blade, process till smooth.

### To Serve:

- Place ½ cup cooked rice in soup bowl.
- Top with ½ cup black beans, ½ cup roasted veggies, ½ cup sweet potatoes, ½ cup fresh spinach, ½ marinated mushrooms, ¼ cups cherry tomatoes & ¾ Tbsp. parsley lemon mixture & 1/3 cup roasted red pepper mixture.
- Add avocado if desired.



Nutritional Info per 12 oz. serving: Calories: 486, Protein: 10g, Carbohydrates: 60g  
Total fat: 25 g Sat. Fat: 3 g Cholesterol: 0 mg Sodium: 396 mg.