

QUINOA VEGGIE BOWL W/ A SWEET SOY GINGER SAUCE

INGREDIENTS:

- 4-6 cups quinoa, cooked according to package with vegetable broth/stock
- 4-5 carrots, peeled and sliced
- 4 heads broccoli, cut into florets
- 3 red, orange or yellow bell pepper, cut into 1" squares
- 1 head red cabbage, sliced in half then into quarters. (1/4 inch thick)
- grapeseed oil, to taste
- salt, to taste
- pepper, to taste
- garlic powder, to taste
- onion powder, to taste

SWEET SOY GINGER SAUCE

INGREDIENTS:

- 1/4 cup soy sauce
- 1/8 cup water (taste to see if you have a perfect balance between flavorful yet sweet)
- 3/4 cups pure maple syrup
- 1/2-1 teaspoon fresh ginger, minced
- 1 teaspoon garlic, minced
- pepper, to taste
- taste and adjust if needed

INSTRUCTIONS:

1. Preheat the oven to 425°F. Line 2 baking sheets with parchment paper.
2. On both baking sheets add veggies and season with grapeseed oil, salt, pepper, garlic powder, and onion powder.
3. Bake for 17 -20 minutes, or until the vegetables are roasted to your liking.
4. In small bowl whisk the soy sauce, maple syrup, water, ginger, garlic, and pepper. Serve immediately or store in the refrigerator with the quinoa veggie bowls for up to 4 days.
5. Serve immediately or fill 4 glass/plastic storage bowls with 1 - 1 1/2 cup cooked quinoa each, and roasted veggies.
6. To serve, remove the containers with the sauce and heat the bowls in the toaster oven/oven @ 350 for 15-20mins or microwave for 1 minute. Pour the dressing on top and mix everything together. Enjoy!

