

Roasted Veggie Bowl

SERVES: 1

INGREDIENTS:

1/2 head cauliflower

1/2 white onion

1 cup peeled butternut squash
handful baby tomatoes

1/2 zucchini, chopped

1 tbsp olive oil

Add in:

3 tbsp hemp hearts for vegan
protein or 1 chicken sausage,
or chicken breast for animal protein

INSTRUCTIONS:

1. Preheat the oven to 400 degrees and take out a sheet pan.
2. Slice/cut all veggies so they are an even thickness. Drizzle with olive oil and season with salt.
3. Roast for up to 30 minutes in the oven or until veggies are very fork tender.
4. Add in your protein and toppings and serve warm.

Top with: Mashed avocado with salt/pep/
garlic powder + 1 tbsp tahini drizzle

