

Roasted Veggie and Quinoa Bowl

RUN Performance Nutrition

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Roasted Veggie and Quinoa Bowl

3 servings

40 minutes

Ingredients

2 cups Broccoli (chopped into florets)
 2 Sweet Potato (medium, cut into 1/2-inch cubes)
 1 cup Chickpeas (cooked)
 1/4 cup Lemon Juice (divided)
 1/4 tsp Sea Salt
 2/3 cup Quinoa (uncooked)
 1 1/2 cups Organic Vegetable Broth
 2 tbsps Water (warm)
 1 1/2 tbsps Maple Syrup
 1 tbsp Pumpkin Seeds (optional)
 2 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	438
Fat	11g
Carbs	72g
Fiber	12g
Sugar	15g
Protein	16g
Cholesterol	0mg
Sodium	600mg
Potassium	999mg
Vitamin A	12958IU
Vitamin C	65mg
Calcium	154mg
Iron	5mg
Vitamin D	0IU
Vitamin B6	0.6mg
Vitamin B12	0µg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Transfer the chopped broccoli, sweet potatoes and chickpeas to the prepared baking sheet. Season the vegetables with half of the lemon juice, Italian seasoning and sea salt. Bake for 30 to 35 minutes until vegetables are very tender and chickpeas are crispy.
- 3 While the vegetables are roasting, add the quinoa and broth to a medium pot with a tight-fitting lid. Bring to a boil, cover with lid and reduce heat to low. Cook until the liquid is absorbed and quinoa is tender. Remove from heat and set aside.
- 4 While the quinoa is cooking, combine the almond butter, warm water, maple syrup and remaining lemon juice in a small bowl. Whisk until smooth. Season with additional salt if needed.
- 5 To assemble, divide the quinoa and roasted vegetables between bowls. Drizzle with tahini sauce and top with pumpkin seeds (optional). Enjoy!

Notes

Leftovers, Store in the fridge for up to four days.

No Quinoa, Use rice or cauliflower rice instead.

No Broth, Use water instead.

Cooked Chickpeas, Use cooked chickpeas from the can to save time.

No Almond Butter, Use peanut butter, sunflower nut butter, or pumpkin seed butter.

Magnesium	169mg
Zinc	3mg