

# ROASTED VEGETABLE BUDDHA BOWL WITH LEMON-TAHINI DRESSING

SERVES 4-6

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*Dressing (makes about 2 Tablespoons/serving):*

*3 Tablespoons fresh lemon juice, about 1 small lemon*

*2 small cloves of garlic, grated or minced, or just smash the cloves if you don't want to eat the garlic, but still have a subtle garlic flavor*

*¼ cup raw tahini (roasted tahini is fine, but raw is a little milder)*

*3-4 Tablespoons room temperature or warm water*

*¼ cup unrefined, cold-pressed, extra-virgin olive oil*

*¾ teaspoon sea salt + more to taste*

*pinch of cayenne (optional)*

*8-10 cups mixed vegetables such as 1 head of broccoli, cut into bite-sized florets and stems, trimmed and chopped AND 1 head cauliflower, cut into bite-sized florets\**

*2 Tablespoons melted unrefined coconut oil or unrefined olive oil*

*3-4 large leaves of kale, washed, dried, stems removed*

*Sea salt and freshly ground black pepper to taste*

*Steamed brown rice, millet or quinoa for serving (optional)*

*Plain or seaweed gomasio for sprinkling on top (optional)*  
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1. Preheat oven to 400 degrees. Line a large baking sheet with unbleached parchment paper.
2. Make the dressing (or you can make while the vegetables are roasting): in a small bowl, whisk together the lemon juice, garlic, tahini, water, olive oil, salt and cayenne until well blended. Just use the amount of water you need to get the consistency you want.
3. In a large bowl, toss the broccoli and cauliflower with the oil. Don't wash the bowl yet. Place the broccoli and cauliflower in one layer on the prepared baking sheet. Season with salt and pepper to taste. Roast for about 20-30 minutes, or until tender and golden in spots. I like to turn the vegetables after about 15 minutes.
4. Take the kale leaves and rub them around the bowl with any remaining coconut oil until lightly coated. Tear until large pieces and sprinkle with a pinch of salt and pepper. Place on top of the broccoli and cauliflower in the oven and roast until the kale is just crispy, about 5-10 minutes.
5. If you'd like to eat this as a "bowl," place a scoop of rice/millet/quinoa in a bowl and top with the vegetables. Spoon some sauce over everything and sprinkle with gomasio, if desired.

\*Other roasted veggies that would be great are beets, carrots, and sweet potatoes!