

Vegetarian Power Bowl

For the vegetables:

- 2 tsp olive/coconut oil
- 1 small red onion — cut into 1-inch wedges
- 2 large butternut squash — cubed
- 2 tsp chili powder
- 3/4 tsp Himalayan sea salt
- 3/4 tsp black pepper
- 1 small head broccoli/cauliflower
- 1 small bunch kale, large stems removed

For the dressing:

- 3 tbsp lemon juice
- 3 tbsp tahini or natural almond butter
- 1 clove garlic, minced
- 1/2-1 tsp ground cumin
- 1/4 tsp Himalayan sea salt
- 4 hard-boiled eggs



1. Place a rack in the center of your oven & preheat to 400 degrees F
2. Place the onions & squash on the baking sheet. Drizzle with 1 tsp oil. Sprinkle with 1 tsp chili powder, 1/4 tsp salt, & 1/4 tsp pepper. Rub & toss to coat, & then arrange on the baking sheet. Bake for 10 minutes.
3. Chop the broccoli or cauliflower into florets. Remove the baking sheet from the oven & flip the squash. Push the squash & onions to one side & add the cauliflower/broccoli to the open side of the pan. Drizzle with 1 tsp olive oil & sprinkle with 1/4 tsp salt, 1/4 tsp pepper, and the remaining 1 tsp chili powder. Toss to coat, & then return the baking sheet to the oven. Bake for an additional 20 to 25 minutes, until the squash are soft & the other vegetables are crisp-tender.
4. Remove the sheet pan from the oven & place the kale on top of the vegetables. Drizzle the kale with the remaining tsp olive oil & sprinkle with remaining 1/4 tsp salt and 1/4 tsp pepper. Lightly rub the kale to coat & then return the pan to oven & bake for 5 more minutes, until the kale is very lightly crisp & soft. Remove & cool.
5. Prepare dressing: Add the lemon juice, tahini, garlic, cumin, & salt in a small mixing bowl. Add 2 tbsp hot water. Whisk to combine.
6. To serve: Cut the squash into bite-size pieces. Roughly chop the kale. Divide the vegetables among serving bowls. Slice the hardboiled eggs in half & place on top of each bowl. Drizzle w/ tahini dressing.

Serving Size = 2 cups of veggies & 2 tsp dressing