

Fall Power Bowl

Ingredients:

- 4 cups leafy greens
- 1 cup cooked whole grain (*My favorite is quinoa*)
- 2 cups roasted seasonal veggies (*I love a combination of butternut squash, brussel sprouts and cauliflower- frozen bags work great and are a time saver!*)
- 1 serving protein (*I prefer rotisserie chicken*)
- ½ cup raisins (*I buy the no sugar added*)
- 1 serving healthy fat (*My fall favorites are 1/4 avocado or 1/4 cup pumpkin seeds*)

Ingredients for Dressing

- 1/4 cup tahini
- 1 tablespoon maple syrup
- 1/2 lemon, juiced
- 1/4 cup water, to thin
- 1/2 teaspoon salt

Directions

1. Cut everything to a similar size and spread evenly onto a parchment-lined baking sheet.
2. Drizzle with avocado oil and sprinkle with salt.
3. Roast at 425 degrees for about 15-25 minutes depending on the type of veggies.
4. Make dressing - Combine all of the ingredients into a mixing bowl and whisk to combine. Add more water if needed to thin.
5. Assemble Bowl - Layer the leafy greens, whole grain, roasted veggies, protein and healthy fat divided evenly between two bowls.
6. Drizzle with the maple tahini sauce and serve!

MADE WITH LOVE

by Teresa Forchand