



Vegetarian Nourish Bowl

Prep Servings: 4

1	cup large, diced butternut squash
16	ounces Brussels sprouts, halved
1	medium red onion, large diced
1/2	can (8 ounces) reduced-sodium garbanzo beans, rinsed and drained
1	head garlic (about 10 cloves), peeled
1	tablespoon olive oil
	freshly ground pepper, to taste
1	lemon, juiced
2	tablespoons water
1	teaspoon Sriracha sauce
1/4	cup peanut butter
1	cup cooked quinoa
1	tablespoon finely chopped peanuts

Heat oven to 400 F and line rimmed baking sheet with parchment paper. On prepared baking sheet, arrange butternut squash, Brussels sprouts, onion, garbanzo beans and garlic; toss vegetables in olive oil and season with pepper, to taste.

Roast 30-40 minutes until slightly golden in color. Half-way through baking, shake vegetables or turn over to ensure even browning.

To make dressing: Mix together lemon juice, water, Sriracha sauce and peanut butter.

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To serve, top quinoa with roasted veggies, crushed peanuts and drizzle of lemon-peanut butter sauce.

Nutritional information per serving: 323 calories, 14 g total fat, 2 g saturated fat, 308 mg sodium, 42 g carbohydrates, 11 g fiber, 5 g sugar, 13 g protein, 92% vitamin A, 197% vitamin C, 11% calcium, 28% iron.

Source: Georgia Peanut Commission
<http://www.gapeanuts.com/>

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