



## *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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