



Tahini Dressed Veggie Power Bowl

It's so delightful, like a charcuterie board in a bowl

Creamy Tahini Dressing

3 Tablespoons tahini
3 Tablespoons avocado oil
2 Tablespoons maple syrup
1 Tablespoon whole grain mustard
2 teaspoons Balsamic white wine vinegar
2/4 teaspoon salt

- In a small bowl, whisk together tahini, oil, maple syrup, mustard, vinegar, and salt; set aside.

Roasting Vegetables and Chickpeas

1 medium sweet potato, peeled, cut into 1 to 1-1/2-inch pieces
1 (15 oz.) garbanzo (chickpeas) beans, drained
3 Tablespoons avocado oil
2 teaspoons za'atar seasoning
1 (15 oz.) can sweet beets, drained, sliced

- Preheat oven to 425 degrees F. Line a large, rimmed baking sheet with foil.

- In a large bowl, place sweet potatoes and chickpeas. Drizzle with oil toss to coat. Sprinkle with za'atar seasoning.
- Bake in preheated oven for 15 minutes. Turn vegetables and stir chickpeas; reduce oven to 400 degrees. Form another small foil pan inside the rimmed pan; place the drained beet chunks in this pan. (To avoid the beets from coloring the other vegetables) Drizzle all vegetables and chickpeas with oil.
- Bake for 10 minutes or until all vegetables are roasted and tender. Set aside. Remove from oven to stay warm.

Arranging the Power Bowl:

Note: the amounts will depend on the size of bowl used.

2 cups cooked rice

2 cups cooked quinoa

3 to 4 cups curly chopped kale leaves, softened

Additional toppers: roasted potatoes, chickpeas, edamame beans, roasted beets, 1 orange, sliced; halved.. sprinkle of sesame seeds

Arrange bowl: placing portions as desired: We arranged the kale, sweet potatoes with chickpeas, quinoa, rice, edamame beans, beets, and oranges.

Serve drizzled with the prepared Tahini dressing; sprinkle with sesame seeds if desired.

Recipe Inspired by: "Fresh Thyme Magazine," Winter 2025.

About the Recipe: This bowl of goodness is filled with roasted veggies, crunchy chickpeas, grains, beans, and juicy oranges. The delicious creamy tahini dressing brings everything together.