

ROASTED VEGETABLE QUINOA SALAD



Ingredients

Tahini Dressing

- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/2 tsp. dried dill
- 1/2 tsp. dried parsley
- 1/4 tsp. salt
- Freshly cracked pepper
- 1/4 Cup tahini
- 1/4 Cup warm water
- 3 Tbsp. lemon juice

Roasted Vegetables

- 1 pint grape tomatoes
- 8 oz. mushrooms - halved
- 1 zucchini - 1/4" half-rounds
- 1 yellow squash - 1/4" half-rounds
- 1 red onion - 1/4" strips
- 2 Tbsp. olive oil
- 1 tsp. dried oregano
- 1/4 tsp. garlic powder
- 1/4 tsp. salt

Quinoa

- 1 Cup quinoa
- 1 3/4 Cups water

Other

- 4 Cups spinach
- 8 Tbsp. hummus



Directions

Preheat oven to 400°F. Combine and stir lemon dill tahini dressing ingredients together in a small bowl and refrigerate. Rinse quinoa, place in a small sauce pot, and add 1 3/4 cups water. Place lid on top, turn heat to high, and bring to a boil. Once it reaches a boil, turn the heat down to low and let simmer for 15 minutes. Turn heat off and let rest with lid for five minutes. Spread cooked quinoa into a casserole dish. Cut vegetables and mix together on a large baking sheet. Add the olive oil, oregano, garlic powder, and salt to the vegetables. Mix well. Roast the vegetables in the oven, stirring every 15 minutes, until the vegetables are browned on the edges. Allow the vegetables to cool.

To build meal prep bowls, place one heaping cup of spinach in each dish. Add 1/2 cup cooked and cooled quinoa. Divide the roasted vegetables between the four containers. Add two tablespoons hummus to each dish. Divide the dressing between containers. Refrigerate the salads and dressing up to four days.

Scan the QR code to read the original recipe.

