

Roasted Veggies Bowls with Smokey Cashew Cream

This is a go-to dinner at our house! Easy, just use whatever veggies you have on hand. Don't be deceived by the long recipe - this one is pretty fast and easy, not to mention filling, delicious and great for leftovers! Instant lunch!

INGREDIENTS:

Roasted Veggies:

Veggies of choice, I usually use:

Sweet potatoes

Carrots

Onion

Zucchini

Yellow Squash

Broccoli

Cauliflower

Brussel Sprouts

Smokey Cashew Cream:

1 cup raw cashews

Almond milk

Smoked paprika

Garlic Powder

Sea Salt

Rice/Quinoa Mixture:

1 cup uncooked white or brown rice

1 cup uncooked Quinoa

DIRECTIONS:

Roasted Veggies

Cut into similar sized pieces about 2 inch or so. Lay on cookie sheet lined with parchment. Lay veggies in single layer. Brush with water or little bit of olive oil and sprinkle with a bit of garlic salt. Cook in oven at 425 degrees about 45 minutes until veggies are soft and nicely browned.

Smokey Cashew Cream

Soak about 1 cup of cashews in hot water for 5-15 minutes. Drain water. Put cashews in blender with some almond milk, a sprinkle of smoked paprika, garlic powder and salt. Blend until creamy. Adjust spices and milk to desired consistency and taste.

Rice/Quinoa

Cook up rice and quinoa. Follow package directions. Once cooked mix together.

To Serve

Place rice/quinoa mixture on plate or in bowl. Lay roasted veggies on top, drizzle with smokey cashew cream. Sprinkle with salted roasted pepitas for extra crunch.