

Oven-Roasted Rainbow Veggies with Herbed Tahini Drizzle

Plant-Based • Anti-Inflammatory • Sheet Pan Favorite

Ingredients (Serves 4):

- 1 cup chopped sweet potatoes (peeled if desired)
- 1 red bell pepper, sliced
- 1 zucchini, sliced into half-moons
- 1 red onion, sliced
- 1 cup cauliflower florets
- 1 tablespoon olive oil
- ½ teaspoon sea salt
- ½ teaspoon smoked paprika
- ¼ teaspoon black pepper
- Optional: ½ teaspoon garlic powder or cumin

Herbed Tahini Drizzle:

- 2 tablespoons tahini
- 1 tablespoon lemon juice
- 1 tablespoon water (add more to thin)
- 1 teaspoon maple syrup
- 1 tablespoon chopped fresh parsley or dill
- Pinch of salt

Instructions:

1. Preheat oven to 425°F (220°C). Line a large baking sheet with parchment.
2. Toss all veggies in olive oil, salt, and spices. Spread in a single layer.
3. Roast for 25–30 minutes, stirring halfway, until edges are golden.
4. Mix drizzle ingredients in a small bowl until smooth.
5. Serve roasted veggies warm with tahini drizzle over top.

Nutritional Highlights (per serving):

- Calories: 180
- Fiber: 6g
- Vitamin A & C: 150%+ DV
- Antioxidants: From variety of colorful vegetables
- Healthy Fats: Olive oil + tahini combo

