



Lentil-Brown Rice Power Bowl

INGREDIENTS

- 1 cup cooked brown rice
- 3/4 cup steamed lentils
- 1/2 cup roasted carrots
- 1/2 cup roasted cauliflower
- 1 cup arugula
- 1 tsp olive oil

INSTRUCTIONS

1. Cook brown rice as per instructions.
2. Steam lentils until tender.
3. Roast carrots and cauliflower with salt and olive oil at 400°F for 25 mins.
4. Assemble bowl and drizzle with olive oil.



Add your favorite protein or eat this healthy plant based meal.