

# The Mighty Caesar Bowl

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

## Ingredients:

- 1 cup quinoa
- 2 cups water
- 2 medium size beets, chopped (I used one red and one yellow beet)
- 1 medium sweet potato, peeled and chopped
- 2 parsnips, peeled and chopped
- Half a small red onion, chopped
- 1 head broccoli, chopped
- Half a large cauliflower, chopped
- 4 tbsp extra-virgin olive oil
- 2 tsp garlic powder
- 2 tbsp dried rosemary
- 1 tsp sea salt
- 2 cups kale, chopped
- 1/2 cup parsley, chopped
- Mother Raw Caesar Dressing, as much as you like!
- Topping: Mixture of seeds - sesame, pumpkin and sunflower seeds

## Instructions:

1. Preheat oven to 350F (180C). Cover two sheet pans with parchment paper.
2. Place beets, potato, parsnips and onion into a large mixing bowl. Drizzle with half the olive oil and sprinkle with half the garlic powder, dried rosemary and sea salt. Save the other half of those ingredients for seasoning the broccoli and cauliflower.
3. Spread ingredients evenly over one of the parchment covered sheet pans. Next prepare the broccoli and cauliflower. You cook them on separate pans because they take less time to cook.
4. Place brocc and cauli into a large mixing bowl. Drizzle with remaining olive oil and sprinkle with remaining garlic powder, dried rosemary and sea salt.
5. On a second parchment-covered baking sheet, spread brocc and cauli evenly on sheet.
6. Bake beets, potato, parsnips and onions for 35 minutes. Bake brocc and cauli for 25 minutes. If you sliced your veggies smaller than I did, they will cook faster. Broccoli and cauli burn faster than the other ingredients, so just watch them around the 20 minutes. All veggies will be fork tender when cooked. If they are not fork tender at the time I have suggested, bake for longer. Every oven is different so bake it to your liking.
7. While the veggies are cooking, bring a pot of water and quinoa to a boil. Reduce to a simmer and cook with lid for 15-20 minutes until you can fluff quinoa with a fork.
8. Meanwhile, chop up curly kale and massage with your hands to break down the tough fibre. Chop parsley.
9. Now it's time to assemble your might caesar bowl! For a generous portion, divide quinoa

into two bowls. Now mix in kale and parsley to each bowl. Top with roasted veggies. Pour desired amount of Mother Raw Caesar dressing into both bowls. I used about 1/3 a bottle for two salad bowls.

10. Top with your favourite seeds - sesame, pumpkin and sunflower for a great nutritional boost and added crunch!

## Notes:

Serves 2 generously as a main meal or 4 as a side dish. Use coupon code JOY for 10% off

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