

# ROASTED RAINBOW BOWL

Cook Time: 75 minutes [30 minutes active time] | Serves 9



This delicious winter recipe makes a great weekday lunch. For a meal that is extra filling, you could pair the roasted root vegetables with whole grain rice, quinoa, or another cooked whole grain.

## INGREDIENTS

4 tablespoons olive oil  
3 medium beets (about 3 cups chopped)  
2 medium sweet potatoes (about 3 cups chopped)  
6 rainbow carrots (about 2 ½ cups chopped)  
10 small blue potatoes (feel free to sub white, red, or yellow if blue are not available)  
1/2 head red cabbage (about 4 cups sliced)  
1 lb Brussels sprouts  
¼ cup tahini  
3 tablespoons maple syrup  
3 tablespoons lemon juice  
¾ tsp salt  
water to thin

## DIRECTIONS

1. Prepare your work space with a cutting board, knife, baking sheet, bowl, and measuring tools.
2. Gather the ingredients needed for the recipe and thoroughly wash all produce.
3. Preheat your oven to 400 degrees fahrenheit.
4. Prepare the beets, sweet potatoes, carrots, and potatoes. Chop the beets, sweet potatoes, carrots, and potatoes into bite-sized pieces (app. ½ inch squares). Toss with 2 tbsp olive oil and ¼ tsp salt and place on the baking sheet, making sure that vegetables are evenly spread and not overlapping. Bake for 35 minutes at 400 degrees fahrenheit.
5. Prepare the cabbage and brussel sprouts. Slice the cabbage thinly and cut the brussels sprouts in half. Toss with 2 tbsp olive oil and ¼ tsp salt and place on the baking sheet, making sure that vegetables are evenly spread and not overlapping. Bake for 25 minutes at 400 degrees fahrenheit.
6. While the vegetables bake, make the dressing by whisking together the tahini, maple syrup, lemon juice, and ¼ tsp salt. If needed, add water 1 tablespoon at a time to thin the dressing.
7. Drizzle the dressing over roasted veggies and enjoy.

For more recipes like this, visit our online FoodPrints Recipe Box at [freshfarm.org/foodprints-recipes](https://freshfarm.org/foodprints-recipes)

This material was federally funded by USDA's Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.