Roasted Vegetable Grain Bowl with Tzatziki

MAKES 4-6 SERVINGS

3 cups cauliflower florets
1 red bell pepper, cut into 1-inch cubes
1 yellow bell pepper, cut into 1-inch cubes
1 red onion, cut into 1-inch cubes
1 zucchini, cut into 1/2-inch slices
2 carrots, cut into 1” slices
14 oz. can of chickpeas (garbanzo beans), drained and rinsed
1 ½ teaspoons ground cumin
1 teaspoon smoked paprika
1 teaspoon garlic powder
1 teaspoon salt
½ teaspoon ground coriander
½ teaspoon ground cinnamon
2 Tablespoons olive oil
1 c. dry quinoa
2 cups water

FOR Tzatziki Sauce:
¾ cup plain greek yogurt
½ c. grated cucumber
2 Tablespoons lemon juice
1 ½ teaspoons dry dill
1 garlic clove grated
Salt to taste

Preparation:
1. Preheat the oven to 400 degrees F.
2. In large bowl, add cauliflower, red pepper, yellow pepper, red onion, zucchini, carrots, and chickpeas.
3. In a small bowl, add ground cumin, smoked paprika, garlic powder, salt, ground cinnamon, and ground coriander.
4. Add the spice blend to the vegetables along with olive oil. Toss to coat everything.
5. Spread vegetables out on a baking sheet.
6. Bake for 20 minutes.
7. Remove from oven, toss the vegetables around. Bake for another 10 minutes. Remove and set aside.
8. In the meantime add quinoa and water to a medium saucepan. Bring to a boil. Cover and reduce to simmer for 15 minutes. Let rest for 5 minutes and fluff the quinoa with a fork.
9. In a small bowl, add greek yogurt, grated cucumber, lemon juice, dry dill, garlic glove, and salt to taste. Stir to combine everything.
10. Serve quinoa with roasted vegetables and finish with 2 tablespoons of the tzatziki sauce. Serve.