



ROASTED VEGETABLE GRAIN BOWL WITH TZATZIKI

Roasted veggies are the perfect dinner for fall and winter. Paired with sweet and smokey spices, a zippy tzatziki sauce, and quinoa, this dish will keep you warm during any cold night.

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 1/2 teaspoons ground cumin
1 teaspoon smoked paprika
1 teaspoon garlic powder
1 teaspoon salt
1/2 teaspoon ground coriander
1/2 teaspoon ground cinnamon
2 Tablespoons olive oil
1 c. dry quinoa
2 cups water
Tzatziki Sauce (next page)

- 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. Meanwhile,** 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.

(instructions continued on next page)



ROASTED VEGETABLE GRAIN BOWL WITH TZATZIKI

Roasted veggies are the perfect hands-off dinner for fall and winter. Paired with sweet and smokey spices, a zippy tzatziki sauce, and quinoa, this dish will keep you warm during any cold night.

For Tzatziki Sauce:

3/4 cup plain greek yogurt

1/2 cup grated cucumber

2 tablespoons lemon juice

1 1/2 teaspoons dry dill

1 garlic clove, grated

Salt, to taste

- 9. To** make the Tzatziki Sauce, add greek yogurt, grated cucumber, lemon juice, dry dill, and grated garlic to a small bowl. Stir to combine, then salt to taste.
- 10. Serve** quinoa with roasted vegetables and finish with 2 tablespoons of the tzatziki sauce. Serve.



Hungry for more?

Visit boynton.umn.edu/SNAC
for more healthy recipes!