



# Orange Ginger Roasted Vegetables

Prep Time: 20 min. Cook Time: 60 min. Makes: 4 servings.

## ROASTED VEG INGREDIENTS

1 butternut squash, peeled  
1 eggplant  
4 beets, peeled  
1 onion, peeled  
4 leaves kale  
1-2 tsp olive oil  
pinch sea salt  
4 cups quinoa, cooked

## ORANGE GINGER DRESSING

INGREDIENTS  
3 Tbsp tahini  
1 orange, juiced  
3 Tbsp brown rice vinegar  
1 Tbsp tamari  
3 Tbsp water  
1 tsp toasted sesame oil  
1 Tbsp fresh ginger, grated

## DIRECTIONS

1. Preheat the oven to 350F.
2. Chop the veggies, and put them in a large baking dish. Toss them with the oil and salt. I find the best way is to use my (clean) hands.
3. While the veggies are roasting, prepare the dressing by whisking together the tahini, orange juice and vinegar until thick, then stir in the tamari and water until smooth, then add the toasted sesame oil and ginger. Or you can puree all the ingredients in a small blender.
4. Massage the chopped kale with a sprinkle of sea salt and your fingers. Add the massaged kale to the vegetables to roast for the last 5-10 minutes (depending on how crispy you like your kale).
5. Once fully cooked, serve the roasted veggies on a with the cooked quinoa or brown rice, and drizzle with dressing.

## NUTRITION FACTS

Per serving  
Calories 471

		% Daily Value
9 g	Total Fat	14%
1 g	Saturated Fat	3%
0 mg	Cholesterol	0%
308 mg	Sodium	13%
89 g	Carbohydrates	30%
18 g	Dietary Fiber	71%
18 g	Sugar	
17 g	Protein	26%
25324	Vitamin A	551%
135 mg	Vitamin C	225%
265 mg	Calcium	27%
7 mg	Iron	49%

## Hints & Tricks

Make a double (or triple) batch of dressing to have on hand for salads and bowls through the week. Add different vegetables, depending on what's in stock at the store - sweet potato, brussels sprouts, mushrooms, etc.