

QUICK-ROASTED VEGGIE BOWL RECIPE

INGREDIENTS:

Bowl

- 1 1/2 cups Farro
- 3 cups Water
- 3 cups fingerling or other small potatoes
- 1 cup Carrots
- garlic powder to taste
- salt and pepper to taste
- olive oil
- 1 cup Broccoli

Tofu

- 2 Tbsp olive oil
- 1/2 tsp dried thyme
- 1/2 tsp dried oregano
- 1 clove of garlic
- salt and pepper to taste
- 1 cup Extra firm tofu

Chickpeas

- 1 cup Chickpeas
- salt and pepper to taste
- 1/4 tsp Paprika
- 1/4 tsp Chili powder

Tahini Dressing

- 1/4 cup Tahini
- 1/4 cup Water
- 1 Tbsp olive oil
- 1 Tbsp lemon juice
- 1/4 tsp salt

DIRECTIONS:

1. Cook farro: Rinse the farro under cold water. Add farro and water to a medium saucepan. Bring to a boil, then reduce heat to low and cover. Simmer for about 25-30 minutes, or until tender. Drain any excess water and set aside.
2. Roast the vegetables: Preheat oven to 425°F. Spread potatoes and carrots on a baking sheet. Drizzle with olive oil and season with garlic powder, salt, and pepper. Roast for 20 minutes. Add broccoli to the pan, toss lightly with oil, and continue roasting for another 10-15 minutes until vegetables are tender and slightly crispy.
3. Prepare tofu: Pat tofu dry with a paper towel to remove excess moisture. Cut into cubes. In a bowl, toss tofu with olive oil, thyme, oregano, minced garlic, salt, and pepper. Add tofu to a separate baking sheet or pan. Bake at 425°F for 20-25 minutes, flipping halfway through, until golden and crisp.
4. Season chickpeas: Toss chickpeas with paprika, chili powder, salt, and pepper. Optional: Roast them in the oven for 10-15 minutes for extra crunch.
5. Make the tahini dressing: In a small bowl, whisk together tahini, water, olive oil, lemon juice, and salt. Mix until smooth and creamy. Add extra water, 1 teaspoon at a time, if you prefer a thinner dressing.
6. Assemble the bowls: Divide cooked farro between bowls. Top with roasted vegetables, tofu, and chickpeas. Drizzle with tahini dressing. Finish with extra black pepper or herbs if desired.