



# VEGAN ROASTED ROOTS POWER BOWLS

## INGREDIENTS (serves 4)

- ½ lb. Brussels sprouts, fresh
- 1 medium acorn squash, peeled and cubed into approximately ¾ inch pieces.
- 4 medium carrots, peeled and quartered
- 1 red bell pepper, seeded, cut into ¾-inch chunks
- 1 small red onion sliced
- 1/3 cup olive or avocado oil, divided
- ½ tsp. garlic salt
- ½ tsp. onion powder
- 3 cups fresh baby spinach
- 1½ tbsp. apple cider vinegar
- 1 tsp. Dijon mustard
- ½ cup prepared hummus
- 1 cup uncooked quinoa

## DIRECTIONS (Preheat oven to 400 degrees F)

- Place all the cut vegetables on a parchment paper lined baking sheet with a lip. Mix 1 ½ tbsps of the oil in a small dish with the ½ salt, onion, and garlic powder. Drizzle over the vegetables. Mix the vegetables to coat evenly with oil and spread into a single layer. Place in the oven and bake for approximately 30-35 minutes or until the squash and sprouts are fork-tender.
- Meanwhile, prepare the quinoa according to package directions.
- To make the dressing, combine the remaining oil and salt with the mustard, vinegar, and hummus in a medium bowl and whisk until combined.
- Serve by plating the quinoa topped with the vegetables and the dressing

## DIETITIAN TIP

When using plant-based proteins to meet the recommended number of protein foods per day, be sure to then add another vegetable. This will assist in also meeting the recommended amount of daily fiber.

## NUTRITION EDUCATION

The current food guidance system for Americans is MyPlate, which is a graphic that displays the proportion of types of foods and meals individuals should aim to achieve to lower the risk of chronic disease while promoting optimum health. This means that half of your meals should consist of produce, 1/4th protein foods, 1/4th grains, and a serving of dairy. For some, this graphic is beneficial, but for others, it may be practical.

Daily nutrition or overall nutrition is not considered pass or fail from meal to meal. Some find evaluating their whole day's intake more practical and aim to have the overall proportion consistent with MyPlate. The goal is to eat various foods from each food group while limiting empty calories from added fats and sugars.

The proteins food group does not just consist of animal products. There is also an overlap of vegetables and grains. For example, dried legumes such as lentils and beans are also considered vegetables. It can be confusing for some to categorize these foods, especially with the current Dietary Guidelines for Americans suggesting an increase in plant-based proteins to meet protein requirements. A good rule of thumb is to count such items as lean proteins while consuming another vegetable. Americans generally do not consume enough fiber; consuming more produce is a great way to meet needs.

Quinoa, considered a grain, is regarded as a good protein source. This food contains all the essential amino acids, which means it is a complete protein. All amino acids need to be present for the body to build protein. Essential amino acids must be consumed because our body cannot make them. Consider using the same method as above when assessing the variety of food consumed.