

Cauliflower Power Bowl



Servings:

6 servings

Prep Time:

20 min

Cook Time:

35 min

Ingredients

- 2 each **Cauliflowers (purple, yellow, or white)**, cut into bite-sized pieces
- 2 tbsp **Olive Oil**
- 1/4 cup **Whole Grain Mustard**
- 1/2 tsp **Onion Powder & Garlic Powder**
- 1/2 tsp **Salt & Pepper**
- 2 tbsp **Dill, Fresh**, chopped
- 2 cups **Quinoa (Red & White)**, dry
- 4 cups **Vegetable Broth, unsalted**
- 8 oz **Red Beets, small, 4-6 each**, cooked, cut into wedges
- 2 each **Radishes**, sliced thin
- 1 pint **Cherry Tomatoes, yellow**, halved
- 3 each **Avocados**
- 15.5 oz **Chickpeas**, drained,

Method of Preparation

Step 1

Preheat the oven to 375°F. Spray a sheet pan with pan spray.

Step 2

In a large bowl, toss together the cauliflower, olive oil, mustard, onion & garlic powder, salt & pepper.

Step 3

Spread out evenly on the sheet pan and roast for 30-35 minutes. Toss halfway through cooking.

When done, toss in fresh dill.

Step 4

Cook quinoa according to package with the vegetable stock. Cool completely when done.

Step 5

Build the bowls:

- 1 cup cooked quinoa
- 1/2 avocado, center of the quinoa
- Arrange the roasted cauliflower, beets, radishes, tomatoes, and chickpeas around the bowl
- Garnish with: pumpkin seeds, everything bagel seasoning, and micro greens

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- 1/4 cup **Pumpkin Seeds**
- 2 tbsp **Everything Bagel Seasoning**
- Garnish: **Microgreens**

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