

ROASTED VEGGIE BUDDHA BOWL

Preparation: **10** mins. | Cooking: **30** mins. | Servings: **2**

INGREDIENTS

4 ounces medium cremini mushrooms, halved
1 (14-ounce) can chickpeas, drained and rinsed
1 small red onion, cut into 1 inch pieces
1 small sweet potato, peeled and chopped into 1/2-inch pieces
1 lemon
1/2 avocado, thinly sliced
1 cup cooked quinoa
1/3 cup fat-free Greek yogurt
4 tbsp. olive oil
1 tbsp. tahini
3/4 tsp. spicy curry powder
Kosher salt



INSTRUCTIONS

Preheat the oven to 425 degrees. Toss the chickpeas with the curry powder, 1 teaspoon of the oil, 1/4 teaspoon salt and a few grinds of black pepper in a medium bowl. Place on one side of a baking sheet. Arrange the onions next to the chickpeas, then the sweet potatoes and lastly the mushrooms. Toss the onions, sweet potatoes and mushrooms with the remaining 3 teaspoons oil, 1/4 teaspoon salt and a generous amount of black pepper. Bake until the chickpeas are a bit crunchy and the sweet potatoes are softened and starting to turn brown in a few spots, 25 to 30 minutes. Meanwhile, whisk the yogurt, tahini and juice of half the lemon in a small bowl. Slice the remaining lemon into wedges. Divide the quinoa between two bowls. Arrange half the vegetables and avocado slices on top of the quinoa, leaving a space for the yogurt in the middle. Dollop the yogurt in the empty space and serve with the lemon wedges.