

CREAMY TAHINI HARVEST BOWL

Serves 15-20 snack sizes

INGREDIENTS

- 4 carrots, cut into slivers or coins
- 2 cups cubed butternut squash
- 2 cups halved brussels sprouts
- 2 cloves garlic, minced
- 1 fennel bulb, thinly sliced
- 3 Tbls. avocado oil
- 2 Tbls. date syrup
- 1 Tbls. chopped rosemary
- ½ cup tahini
- Juice from 1 lemon
- 2 Tbls. date syrup
- ¼ tsp garlic powder
- Optional: cayenne or smoked paprika
- Base: 1.5 cups cooked quinoa OR 2 cups cabbage marinated in lemon juice
- Toppings: pepitas, thin apple slices, fresh basil, pomegranate arils, feta cheese
- Add a protein option: cooked chicken, roasted tempeh, shredded pork shoulder, cannellini beans



INSTRUCTIONS

1. Preheat oven to 400F.
2. Toss veggies & fennel with oil, syrup & rosemary. Roast for 30-40 minutes to desired caramelization.
3. Meanwhile, whisk together sauce ingredients.
4. Divide quinoa or cabbage into 4 bowls. Add roasted veggies, desired protein & tahini sauce, then add toppings.

INSTRUCTIONS

1. Base options are based on carbohydrate need: cabbage is no/very low carb.
2. Choose any one or mix of protein options.

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