

## *Cook once, eat all week...*

*Prepare a large batch of roasted vegetables (along with brown rice and lentils) on the weekend, and you're all set for 3 quick and healthy plant-based dinners during the week. Use any leftover roasted vegetables as a simple side dish with roasted fish, or toss with pinto or black beans and use as an enchilada filling.*

- ***Sheet-Pan Roasted Root Vegetables***
- ***Turmeric Rice Bowl with Root Vegetables & Chickpeas***
- ***Roasted Root Veggies & Greens over Spiced Lentils***
- ***Roasted Vegetable & Black Bean Tacos***



## Sheet-Pan Roasted Root Vegetables

Makes 8 servings (serving size: 1 cup)

### Ingredients

- 2 large carrots
- 2 medium parsnips, peeled
- 2 medium beets, peeled
- 1 medium red onion
- 1 medium sweet potato
- 3 tablespoons extra-virgin olive oil
- 1½ tablespoons apple cider vinegar or balsamic vinegar
- 1 tablespoon fresh herbs, such as thyme, rosemary or sage
- ½ teaspoon kosher salt
- ½ teaspoon ground pepper

### Preparation

Position racks in upper and lower thirds of oven; preheat to 425° F. Line 2 large baking sheets with parchment paper.

Cut carrots and parsnips into ½-inch-thick slices on a diagonal, then cut into half-moons. Cut beets and onion into ½-inch-thick wedges. Cut sweet potato into ¾-inch cubes. You should have about 12 cups raw vegetables. Toss the vegetables with oil, vinegar, herbs, salt, and pepper in a large bowl until well coated. Divide between the prepared baking sheets, spreading into a single layer. Roast the vegetables, rotating the pans top to bottom halfway through, until fork-tender, 30 to 40 minutes.

**To make ahead:** Refrigerate roasted vegetables in an airtight container for up to 5 days.

<b>Nutrition Facts</b>	
Amount Per Serving	
<b>Calories</b> 104	
<b>Total Fat</b> 5 g	
Saturated Fat 1 g	
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 198 mg	
<b>Potassium</b> 331 mg	
<b>Total Carbohydrate</b> 14 g	
<b>Dietary Fiber</b> 3 g	
<b>Sugars</b> 5 g	
<b>Added Sugars</b> 0 g	
<b>Protein</b> 1 g	
Vitamin A	107%
Vitamin C	14%
Calcium	3%
Iron	3%

## Turmeric Rice Bowl with Root Vegetables & Chickpeas

Makes 4 servings (serving size: 1 cup vegetable-chickpea mixture & ¾ cup rice)

### Ingredients

#### Rice

- 2 ½ cups water
- 1 cup brown basmati rice
- 2 teaspoons extra-virgin olive oil
- 2 teaspoons onion powder or garlic powder
- 1 teaspoon ground turmeric
- ½ teaspoon ground cinnamon
- ½ teaspoon ground black pepper

#### Vegetables & Chickpeas

- 2 tablespoons canola oil
- 2 (15-ounce) cans no-salt-added chickpeas, rinsed and patted dry
- 2 teaspoons garam masala or Indian curry powder
- 2 cups roasted root vegetables (see recipe on page 2)
- 2 teaspoons sugar or honey
- ½ teaspoon kosher salt
- ½ teaspoon ground pepper
- ¼ cup lemon juice
- ¼ cup low-fat plain yogurt or tahini
- Chopped fresh herbs, such as mint, parsley and/or cilantro, for garnish

### Preparation

To prepare rice: Combine water, rice, oil, onion powder (or garlic powder), turmeric, cinnamon, and pepper in a small saucepan. Bring to a boil. Cover, reduce heat to maintain a gentle simmer and cook until the liquid is absorbed, 35 to 40 minutes. Remove from heat and let stand, covered, for 10 minutes.

Meanwhile, to prepare vegetables & chickpeas: Heat oil in a medium skillet over medium heat. Add chickpeas and cook, stirring, until crispy, 3 to 5 minutes. Stir in garam masala (or curry powder) and cook until fragrant, about 1 minute. Add roasted root vegetables, sugar (or honey), salt, and pepper; cook, stirring often, until heated through, 2 to 4 minutes. Stir in lemon juice.

Serve the vegetable mixture over the rice, topped with yogurt (or tahini). Garnish with herbs, if desired.

**Tip:** Plain yogurt too tart? Stir in a squeeze of fresh lemon juice for more flavor.

Nutrition Facts	
Amount Per Serving	
<b>Calories</b> 535	
<b>Total Fat</b> 17 g	
Saturated Fat 1 g	
Monounsaturated Fat 9 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
<b>Cholesterol</b> 1 mg	
<b>Sodium</b> 424 mg	
<b>Potassium</b> 747 mg	
<b>Total Carbohydrate</b> 83 g	
<b>Dietary Fiber</b> 14 g	
<b>Sugars</b> 13 g	
<b>Added Sugars</b> 2 g	
<b>Protein</b> 16 g	
Vitamin A	64%
Vitamin C	31%
Calcium	14%
Iron	33%

## Roasted Root Veggies & Greens over Spiced Lentils

Makes 4 servings (serving size: generous 1 cup vegetables & ½ cup lentils)

### Ingredients

#### Lentils

- 3 cups water
- 1 cup black beluga lentils or French green lentils
- 2 teaspoons garlic powder
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- ½ teaspoon ground allspice
- ½ teaspoon kosher salt
- ¼ cup lemon juice
- 2 teaspoons extra-virgin olive oil

#### Vegetables

- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, smashed
- 3 cups roasted root vegetables (see recipe on page 2)
- 4 cups chopped kale or beet greens
- 2 teaspoons ground coriander
- ¼ teaspoon ground pepper
- Pinch of kosher salt
- ¼ cup tahini or low-fat plain yogurt
- Fresh parsley for garnish

### Preparation

To prepare lentils: Combine water, lentils, garlic powder, 1 teaspoon coriander, cumin, allspice, and ½ teaspoon salt in a medium pot. Bring to a boil. Reduce heat to maintain a simmer, cover and cook until tender, 25 to 30 minutes. Uncover and continue simmering until the liquid reduces slightly, about 5 minutes more. Drain. Stir in lemon juice and 2 teaspoons oil.

Meanwhile, to prepare vegetables: Heat oil in a large skillet over medium heat. Add garlic and cook until fragrant, 1 to 2 minutes. Add roasted root vegetables and cook, stirring often, until heated through, 2 to 4 minutes. Stir in kale (or beet greens) and cook until just wilted, 2 to 3 minutes. Stir in coriander, pepper, and salt.

Serve the vegetables over the lentils, topped with tahini and/or yogurt. Garnish with parsley, if desired.

**Tip:** Plain yogurt too tart? Stir in a squeeze of fresh lemon juice for more flavor.

Nutrition Facts	
Amount Per Serving	
<b>Calories</b> 409	
<b>Total Fat</b> 16 g	
Saturated Fat 3 g	
Monounsaturated Fat 6 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 469 mg	
<b>Potassium</b> 704 mg	
<b>Total Carbohydrate</b> 52 g	
<b>Dietary Fiber</b> 11 g	
<b>Sugars</b> 5 g	
<b>Added Sugars</b> 0 g	
<b>Protein</b> 19 g	
Vitamin A	218%
Vitamin C	118%
Calcium	13%
Iron	30%

## Roasted Vegetable & Black Bean Tacos

Makes 4 servings (serving size: 2 tacos)

### Ingredients

- 2 cups roasted root vegetables (see recipe on page 2)
- 1 (15-ounce) can no-salt-added black beans, rinsed
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons ground cumin
- 2 teaspoons chili powder
- 1 teaspoon ground coriander
- ½ teaspoon kosher salt
- ½ teaspoon ground pepper
- 8 corn tortillas, lightly toasted or warmed
- 1 avocado, cut into 16 slices
- 2 limes, cut into wedges
- Chopped fresh cilantro & salsa for garnish

### Preparation

Combine roasted root vegetables, beans, oil, cumin, chili powder, coriander, salt, and pepper in a saucepan. Cover and cook over medium-low heat until heated through, 6 to 8 minutes.

Divide the mixture among the tortillas. Top with avocado. Serve with lime wedges. Garnish with cilantro and/or salsa, if desired.

**Tip:** For a quick, flavorful topping (and healthier alternative to sour cream), stir a squeeze of fresh lime juice and a few dashes of chipotle hot sauce into plain Greek yogurt (non-fat or low-fat).

Nutrition Facts	
Amount Per Serving	
<b>Calories</b> 353	
<b>Total Fat</b> 14 g	
Saturated Fat 1 g	
Monounsaturated Fat 8 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 432 mg	
<b>Potassium</b> 867 mg	
<b>Total Carbohydrate</b> 53 g	
<b>Dietary Fiber</b> 14 g	
<b>Sugars</b> 6 g	
<b>Added Sugars</b> 0 g	
<b>Protein</b> 9 g	
Vitamin A	63%
Vitamin C	29%
Calcium	10%
Iron	21%