

Winter Comfort Bowl



This winter bowl is a great option for a quick, nutritious, and balanced meal. Packed with fiber and plant-based protein, it's a convenient solution for busy nights thanks to frozen vegetables that require no prep. For this version, I chose the classic broccoli and cauliflower, but feel free to experiment with mixed vegetables, such as California style or simply frozen Brussels sprouts. The goal is to simplify your life!

Preparation 10 min

Cooking 35 min

Servings 4

Nutrition Facts (per serving)

Calories 560

Fat 19

Carbohydrates 72

Fibre 16

Protein 26

Sodium 700

Ingredients

- 1 L (4 cups) of frozen vegetables of your choice
- 30 ml (2 tbsp) of canola oil, divided
- A pinch of salt
- 1 large sweet potato (600 g), diced

- 1 can (540 ml) of green lentils, rinsed and drained
- 5 ml (1 tsp) of garlic powder

For the Sauce:

- 80 ml (? cup) of tahini (sesame butter)
- 30 ml (2 tbsp) of reduced-sodium soy sauce
- 15 ml (1 tbsp) of lemon juice
- 15 ml (1 tbsp) of maple syrup
- 15 ml (1 tbsp) of water

For Garnishing:

- 1 small red onion, thinly sliced*
- 100 g (½ container) of feta cheese, crumbled

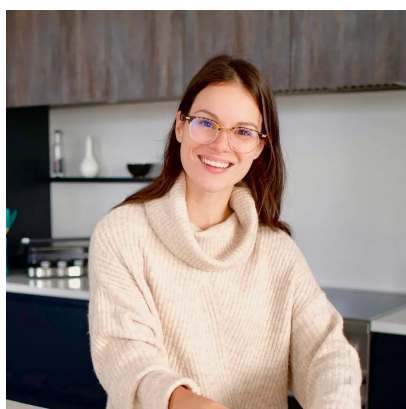
Preparation

1. Preheat the oven to 425°F (220°C). Line two baking sheets with parchment paper or silicone mats.
2. Arrange the frozen vegetables on one baking sheet, drizzle with 15 ml of oil, toss, and bake for 30 minutes, stirring halfway through.
3. On the second baking sheet, spread the drained lentils on one side and the diced sweet potatoes on the other. Drizzle with 15 ml of oil, sprinkle with garlic powder, and bake for 20 minutes, stirring halfway through.
4. Meanwhile, combine all the sauce ingredients in a small bowl and mix well. Set aside.
5. Assemble the winter bowl by layering the roasted sweet potatoes, vegetables, and crispy lentils. Drizzle with the prepared sauce and garnish as desired.

Notes

Keeps for up to 5 days in the refrigerator.

*You can substitute the red onion for 2 green onions for a milder taste.



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