

Plant-Powered Meals

Roasting vegetables in the oven is an easy way to add more plant foods to your day. Try roasting fresh seasonal vegetables, or use kitchen staples like frozen or canned and drained vegetables.

Add flavor with your favorite herbs and spices, or try something new.

Seasonings: basil, curry powder, chili powder, celery seed, dill, dry mustard, Italian herb blend, garlic, ginger, ground cumin, lemon or lime juice, onion powder, paprika, parsley, pepper, red pepper flakes, rosemary, salt-free seasoning blends, thyme, vinegar. If using fresh herbs, add after removing vegetables from the oven.

Directions for Roasting Vegetables

1. Preheat oven to 425 degrees Fahrenheit. Cut vegetables into pieces of similar size. If you are roasting a mixture of vegetables, choose vegetables that require a similar amount of time to cook.
2. Mix together vegetables, vegetable oil and desired herbs and spices. Stir until vegetables are evenly coated.
3. Spread vegetables in a single layer in a baking dish or rimmed baking sheet, then place in heated oven.
4. Roast for 10-30 minutes, depending on type of vegetables. Stir vegetables once, about halfway through cooking. Vegetables are done when browning on the edges and slightly tender (can be pierced with a fork).

Serve roasted vegetables along with your favorite dish, or use in a plant-powered meal like the vegetable bowls below!

Fajita Veggie Bowl

Makes 2 bowls

Ingredients

4 cups bell pepper strips (fresh or frozen)
1 Tablespoon olive oil
1/2 teaspoon ground cumin
1/2 teaspoon chili powder
1 cup cooked barley
2/3 cup black beans
1/2 cup corn
1/4 cup tomato salsa
2 Tablespoons pepitas (pumpkin seeds)

Directions

1. Preheat oven to 425 degrees. In a medium bowl, combine bell pepper strips and olive oil. Sprinkle with ground cumin and chili powder then stir until vegetables are evenly coated. Follow steps above for roasting vegetables.
2. Drain and rinse any canned beans or vegetables.
3. Assemble bowls with remaining ingredients. In each bowl, layer 1/2 cup cooked barley, 1/3 cup black beans, 1/4 cup corn, and 1 cup roasted bell peppers. Garnish each bowl with 2 Tablespoons tomato salsa and 1 Tablespoon pepitas.

Curried Cauliflower Bowl

Makes 2 bowls

Ingredients

3 cups cauliflower (fresh or frozen)
1 Tablespoon olive oil
1 teaspoon curry powder
1 cup cooked brown rice
2/3 cup garbanzo beans (chickpeas)
1/2 cup green peas
2 Tablespoons raisins
2 Tablespoons chopped peanuts

Directions

1. Preheat oven to 425 degrees. In a medium bowl, combine cauliflower and olive oil. Sprinkle with curry powder and stir until vegetables are evenly coated. Follow steps for roasting vegetables.
2. Drain and rinse any canned beans or vegetables.
3. Assemble bowls with remaining ingredients. In each bowl, layer 1/2 cup cooked brown rice, 1/3 cup garbanzo beans, 1/4 cup green peas, and 1 cup roasted cauliflower. Garnish each bowl with 1 Tablespoon raisins and 1 Tablespoon chopped peanuts.

Garlic Ginger Broccoli Bowl

Makes 2 bowls

Ingredients

1 Tablespoon olive oil
1 Tablespoon low-sodium soy sauce
1/2 teaspoon ginger powder
1/2 teaspoon garlic powder
3 cups broccoli (fresh or frozen)
1 1/2 cups baked or roasted sweet potato (about 1 large sweet potato)
2/3 cup shelled edamame (frozen)
1/2 cup pineapple chunks
2 Tablespoons chopped cashews

Directions

1. Preheat oven to 425 degrees. In a medium bowl, mix together olive oil, soy sauce, ginger powder, and garlic powder. Add broccoli and stir until evenly coated with sauce. Follow steps for roasting vegetables.
2. Follow package directions to steam edamame.
3. Assemble bowls with remaining ingredients. In each bowl, layer 3/4 cup baked sweet potato, 1/3 cup edamame, 1/4 cup pineapple chunks, and 1 cup roasted broccoli. Garnish each bowl with 1 Tablespoon chopped cashews.