

Roasted Veggie Rice Bowl

with Mustard Sauce

ingredients

spring greens (four handfuls)

1/2 - 1 C any rice, cooked

1 - 2 C roasted root veggies, such as carrots, sweet potatoes, rutabaga, turnip, etc. (see the roasted veggie recipe here)

directions

Assemble as shown in video: Pile half of the spring greens on a plate or in a bowl, top with half of the rice and then half of the roasted veggies. Drizzle Mustard Sauce over the top.

for the mustard sauce

Whisk the following ingredients together until incorporated:

1/4 C Dijon or brown mustard, 1/4 C olive oil, 1/2 tsp. paprika, 1/2 tsp. garlic powder, and 1/4 tsp. salt

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