

Prana Bowl: Brussels Sprouts, Roasted Potatoes + Cauliflower, Tahini Honey Mustard

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1 pound Brussels Sprouts, sliced thin
1 pound purple or mixed color potatoes, cubed small
1 head cauliflower, separated into small florets
¼ leek, sliced thin
¼ red bell pepper, optional, sliced thin
2 teaspoons coconut oil
2 teaspoons olive oil
2 teaspoons salt

Preheat the oven to 400. On separate baking sheets, toss the potatoes and cauliflower in 1 teaspoon olive oil each. Roast for about 30 minutes. Stir once halfway through cooking.

Meanwhile, in a sauté pan on medium heat, melt the coconut oil. Add in the Brussels sprouts, leeks and bell pepper. Cover and let caramelize. Stir frequently.

While the vegetables are cooking, make the Tahini Honey Mustard sauce.

Tahini honey mustard

4 tablespoons tahini
Juice of 1 lemon
2 teaspoons Dijon mustard
1 teaspoon honey
½ teaspoon salt
1 sprig of rosemary
1/3 cup water

In a mixing bowl, whisk together the tahini, lemon, mustard, honey and salt.

Whisk in the water. If the dressing clumps up, don't despair. Keep whisking until it smooths out.

Stir in the rosemary. Taste and add more seasonings to your liking.

Assembly: toss the Brussels sprouts, potatoes and cauliflower in a bowl with the sauce.

Serves 4

Ideas: You could add some cooked chicken or fish to this. I love it with some smoked salmon and extra lemon squeezed on top. You can add a hard boiled egg or an avocado.

