

# Roasted Veggie Lunch Bowl

Serves 4



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



## Ingredients

- 1 sweet potato, peeled or unpeeled, sliced into 1/4 inch slices
- 2-3 cups broccoli, cut into florets
- 4 cups baby arugula
- 2 cups grape tomatoes, halved
- 1 15-oz can black beans, rinsed
- 2 tablespoons olive oil
- 1/2 cup hummus
- Salt to taste

## Directions

1. Preheat oven to 400°F. Toss sweet potato and broccoli with olive oil and spread in an even layer on a baking sheet. Bake for about 20 minutes, flipping sweet potato and stirring broccoli halfway, until vegetables are tender and golden brown. Add salt to taste.
2. Assemble 1/4 of the arugula, beans, tomatoes, sweet potato, and broccoli into a bowl or reusable container. Top each serving with 2 tablespoons hummus. Serve warm or portion into 4 containers, refrigerate, and bring one to lunch each day.

## Notes

Substitute other veggies, healthy proteins, or dressings!

Portion into 4 containers on Sunday or Monday night and bring daily to work

Recipe from Cook Well Berkeley class: Lunch – Eat Well at Work, fall 2015