

## Mexican Grain Bowls

- 1 small red onion
- 3 Bright colours of veggies:  
Choose from:
  - For roasting: Potato, sweet potato, squash, carrots, parsnips, cauliflower, broccoli, tomatoes
- Corn
- 1 can of Black beans or pinto beans
- ¼ cup Cheddar cheese
- 1 Avocado
- 2 cups of Grain (cooked) – rice, bulgar, quinoa, barley
- 3 tablespoons olive oil
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- 1 teaspoon chili powder
- ¼ teaspoon cayenne (or to taste)
- Salt & Pepper
- 1 Lime -juice
- 1 TBSP honey or maple syrup
- Cilantro for garnish



### MEXCIAN LIME DRESSING:

- 2 tablespoons freshly squeezed lime juice
- 1 tablespoon pure maple syrup
- ½ tsp cumin
- ¼ teaspoon salt
- pinch of pepper
- ¼ cup olive oil

1. Preheat the oven to 400°F.
2. Wash and chop the vegetables into bite-size pieces. Potatoes can be peeled if the skin is very dirty.
3. Put the vegetable pieces in a mixing bowl. Drizzle with the olive oil and sprinkle with the cumin, paprika, chili powder, cayenne and salt. Toss to



combine and spread in an even layer on a baking sheet. Use parchment paper on the baking sheet for easy clean-up.

4. Bake for about 25 to 30 minutes, stirring once halfway through, until all the veggies are tender.
1. Cook the grains if needed. Usually 1 cup of grain cooks in 2 cups of water. Bring to a boil, then simmer on low for 10 minutes or as directed.
2. Make the dressing in a jar with a lid, and shake together the lime juice, maple syrup, cumin, salt, pepper and olive oil until well combined.
1. Add the beans, grains, corn and roasted veggies to a large bowl. Toss to combine. Add in the dressing and toss again to combine.
2. Scoop some of the mixture into a serving bowl and top generously with some avocado, cheese, and cilantro (or whatever toppings you would like!).

Add some extra protein with some shredded chicken, or cooked meat.