

Roasted Veggie Protein Bowl

Servings 2

Prep Time 10 minutes

Cook Time 20 minutes



Nutrition Information

Calories	390
Fat	9 g
Saturated fat	3 g
Carbs	48 g
Fiber	8 g
Protein	14 g
Sodium	380 mg

Health Benefit

[Low Sodium](#)

Ingredients

1 cup [broccoli florets](#)

1 cup cubed [butternut squash](#)

1 [carrot, sliced](#)

3/4 teaspoon [garlic powder](#)

3 tablespoons plus 2 teaspoons [olive oil](#)

3 cups [low-sodium turkey or chicken broth](#)

1 cup [uncooked quinoa, rinsed](#)

1 cup cubed [roasted turkey breast or tofu](#)

1/4 cup [sliced almonds](#)

Directions

1. Preheat the oven to 400° F. In a large bowl, toss together the broccoli, squash, carrot, garlic powder, and 3 tablespoons olive oil. Pour the vegetables onto a large baking sheet, making sure they're arranged in an even layer.
2. Roast vegetables until they are soft and nicely browned, about 20 minutes.
3. While vegetables roast, bring the broth to a boil. Add the quinoa and cook according to package directions.

4. In a small skillet, brown the turkey in the remaining olive oil until warm, or sauté the tofu until golden brown. Set aside.
5. To assemble: Distribute the quinoa into two bowls, then top evenly with vegetables and turkey or tofu and almonds.