We are going to build a bowl with nutrient dense plant based ingredients with an anti-inflammatory kick!

**Healthy Bowl with Turmeric Tahini Sauce**

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Recipe type: Main Dish
Serves: 4

**Ingredients**

- 1 red pepper
- 1 bunch broccoli (about 1 ½ pounds), cut into florets, stems peeled and sliced or diced
- 1 tablespoons extra-virgin olive oil
- 1 tsp kosher salt, or to taste
- 1 uncooked cup lentils (brown or green)
- 3 cups water or vegetable stock
- 1 cup uncooked quinoa (cook according to package directions)
- 2 tablespoons hemp seeds

**Turmeric Tahini Sauce**

- ¼ cup extra-virgin olive oil
- 3 tablespoons tahini
- Juice of one lemon
- 2 garlic cloves, minced
- 2 tablespoons water
- 1½ teaspoons dried turmeric
- ¼ teaspoon sea salt, more to taste

**Instructions**

1. Preheat the oven to 450 °F.
2. In a large mixing bowl, toss the broccoli with the olive oil and salt. Transfer to a parchment or silicon mat lined sheet pan along with the whole red pepper.
3. Roast the broccoli until the edges are crispy and bordering on burnt and the stems are tender, about 25-35 minutes, stirring halfway through.
4. Roast the red pepper about 30 to 40 minutes, until the skin is completely wrinkled and charred. Once peppers are cooked, remove from oven and use tongs to place them in a bowl and immediately cover with a plate and let
steam for at least 10 minutes. Remove the charred skins, stem and seeds from each pepper and discard. Slice pepper into strips.

5. Cook lentils on a stovetop, using 3 cups of liquid (water or stock) to 1 cup of dry lentils. Be sure to use a large enough saucepan as the lentils will double or triple in size. Bring to a boil, cover tightly, reduce heat and simmer until they are tender. Cook time is typically 15-20 minutes.

6. Cook quinoa on a stovetop according to package directions.

7. While vegetables, lentils and quinoa are cooking, make the Turmeric Tahini Sauce

8. In a small bowl, combine the olive oil, tahini, lemon juice, garlic, water, turmeric, and sea salt. Set aside.

9. Assemble individual bowls with the quinoa, lentil, broccoli and red pepper. Serve with the Turmeric Tahini Sauce and hemp seeds.