



Spring Vegetable and Pesto Rice Bowl

Ingredients

- 1 cup short grain brown rice
- 2 cups fresh cauliflower florets, trimmed into similar sized florets
- 3 small golden beets, trimmed, peeled, and chopped
- 1 bunch radishes, trimmed then halved or quartered if large
- $\frac{3}{4}$ bunch asparagus, ends trimmed then chopped into 2-inch lengths
- $\frac{1}{4}$ cup + 3 Tablespoons prepared basil pesto, divided
- 2 Tablespoons chicken or vegetable broth
- $\frac{1}{4}$ cup pumpkin seeds (optional)
- Olive oil
- Salt and pepper, to taste

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Directions

Preheat oven to 400 degrees F. Line 2 baking pans with parchment paper. In medium saucepan, add brown rice and 1¾ cup water, a drizzle of olive oil, and a pinch of salt. Bring to a boil, cover, turn heat to low and simmer for 40 minutes, or time listed on rice package instructions. After 40 minutes if rice is still crunchy, add 2 Tablespoons water and cook for another 5 minutes. Remove pot from heat, then let set and steam with the lid on for 7 minutes before fluffing. Once slightly cooled, stir in ¼ cup pesto.

Add cauliflower and beets to a medium-sized bowl, drizzle with olive oil, and season with salt and pepper. Spread onto one of the baking sheets, roast for 15 minutes, then stir. While cauliflower and beets are roasting, season/oil the radishes, then spread onto half of the second baking sheet.

Roast for 10 minutes. Add seasoned/oiled asparagus to the remaining empty half of the second baking sheet, then roast with everything else for 10 minutes, or until all veggies are tender. (Breakdown of cook times: Cauliflower/beets: 35 minutes. Radishes: 20 minutes. Asparagus: 10 minutes.)

Add remaining pesto to a small bowl with chicken or vegetable broth, then stir to combine. Scoop pesto rice into 4 bowls. Top each bowl with ¼ of the roasted vegetables. Drizzle with pesto sauce, then top with 1 Tablespoon pumpkin seeds. Serve immediately.

Nutrition Facts

4 servings

Calories	490
Total Fat	30g
Saturated Fat	4.5g
Cholesterol	0mg
Sodium	330mg
Total Carbohydrates	52g
Dietary Fiber	9g
Sugar	9g
Protein	12g

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