

# Meal Prep Power Bowl

5 servings • 15 min prep time • 50 minutes total • 506 calories per serving

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## Ingredients:

- Roasted Cauliflower
  - 1 small head cauliflower, florets removed
  - 2 tablespoons olive oil
  - 2 teaspoons ground turmeric
  - ¼ teaspoon sea salt
- Spiced Chickpeas
  - 2x 14 oz cans of chickpeas, drained and rinsed
  - 1 tablespoon olive oil
  - 2 teaspoons curry powder
  - ¼ teaspoon sea salt
- Rice
  - 1 cup brown rice
  - 2 cups water
  - ½ teaspoon sea salt
- Vegetables
  - 1 box/bag of leafy greens
  - 1 cup cabbage
  - 1 pint cherry tomatoes, halved
- Garlic Tahini Dressing
  - ¼ cup tahini
  - 2 tablespoons Dijon mustard
  - 1 lemon, juiced
  - 2 tablespoons olive oil
  - 1 clove garlic, minced
  - 1 tablespoon maple syrup
  - 1 pinch sea salt
  - Water to thin, if needed



## Instructions:

1. Preheat the oven to 425°F.

2. In a saucepan, combine water, rice, and sea salt and bring to a boil. Once boiling, reduce to a simmer and cook for 45 minutes until tender and fluff with a fork. (See package for specific instructions.) In a bowl, add cauliflower florets, drizzle with olive oil, season with turmeric and sea salt. Using a spoon, toss until cauliflower is well coated with oil and turmeric mixture.

3. Add seasoned cauliflower to a large baking sheet, spread it out evenly, and set aside. Using the same bowl, add drained and rinsed chickpeas, drizzle with olive oil, and season with curry powder and sea salt. Stir to ensure chickpeas are well coated in spices, and then transfer to a second baking sheet or tray. (If you only have one baking sheet, use a second oven-proof dish, pretty much any baking dish will work.)

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4. Transfer both the cauliflower and chickpeas to the oven and roast for 25-30 minutes until cauliflower is tender, and chickpeas are crispy. While the cauliflower and chickpeas are cooking, prepare the dressing. Combine the dressing ingredients in a jar or bowl and whisk until well combined. Add water to thin as needed, and set aside. Prepare the vegetables. Chop or shred cabbage into bite-size pieces, and half cherry tomatoes. Once the cauliflower, chickpeas, and rice are done cooking, remove from the oven, set aside, and allow to cool 10-15 minutes before preparing the bowls.

5. Once cooled, you can begin to assemble the bowls. Divide ingredients among 4 or 5 glass containers (this will make 4 slightly larger portions or enough to make 5 filling portions). Add rice to the bottom, layer with cauliflower and chickpeas, leaving leafy greens, cabbage, and cherry tomatoes on top or to the side to ensure they do not wilt.

6. Do not dress the salad ahead of time! You can portion your dressing into 5 smaller containers or keep it in one large jar to be used every day. These meal prep power bowls store well in the fridge for up to 5 days. The chickpeas may lose their initial crispiness a little but their flavor is still great!

**Author:** Stephanie Kay

### Nutrition Facts:

Calories .....	1,530
Sugar .....	9 g
Total Fat .....	24 g
Total Carbohydrates .....	64 g
Protein .....	15 g
Fiber .....	12 g