



MOROCCAN SHEET PAN BUDDHA BOWL

ingredients:

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| 1 cup sweet potatoes, cut into 1-inch pieces | 1 teaspoon ground black pepper, divided |
| Vegetable oil cooking spray | 1 teaspoon ginger |
| 1 1/2 cups cauliflower florets | 1 teaspoon ground coriander |
| 1 cup zucchini, cut into 1-inch pieces | 1/2 teaspoon ground cinnamon |
| 1/2 red onion, cut into 1-inch pieces | 1/4 teaspoon allspice |
| 1 cup eggplant, cut into 1-inch pieces | 1/4 teaspoon ground turmeric |
| 1 can (15 ounces) chickpeas, drained and rinsed | 1/8 teaspoon ground cloves |
| 2 Tablespoons olive oil | 1/8 teaspoon ground cumin |
| 1/2 teaspoon salt | 1/8 teaspoon ground cayenne |
| | 1/2 cup plain nonfat Greek yogurt |
| | 2 cups cooked quinoa |

directions:

1. Preheat oven to 400° F. Microwave sweet potato cubes for 2 minutes to soften before roasting. Spray a large sheet pan with vegetable oil cooking spray.
2. Lay out sweet potato, cauliflower, zucchini, onion, eggplant and chickpeas in rows. Drizzle with the olive oil and sprinkle with salt and 1/2 teaspoon black pepper.
3. Mix 1/2 teaspoon black pepper, ginger, coriander, cinnamon, allspice, turmeric, cloves, cumin and cayenne in a small bowl. Sprinkle 1/2 of spice mixture over the chickpeas. Add other 1/2 of spice mixture to the nonfat Greek yogurt and mix. Set yogurt mixture aside.
4. Bake vegetables for 25-30 minutes.
5. To serve, scoop 1/2 cup quinoa into serving bowl and add 1/4 of each of the vegetables and chickpeas to each serving. Top each with 2 Tablespoons of yogurt mixture.

Yield: 4 servings

Nutrition Information Per Serving:

344 Calories
9.5 grams Fat
1.5 grams Saturated fat
2 mg Cholesterol
366 mg Sodium
50 grams Carbohydrates
9 grams Fiber
15 grams Protein

Food exchanges:
2 starch, 5 vegetable



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