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## Roasted Vegetable & Quinoa Harvest Bowls ✦

Roasted Vegetable & Quinoa Harvest Bowls are a nutritious and delicious vegan dish. This recipe combines roasted vegetables, protein-packed quinoa, and flavorful herbs and spices to create a satisfying meal. The dish is perfect for a healthy lunch or dinner option and can be customized with your favorite vegetables and seasonings.

**Recipe Type:** Vegan

**Prep Time:** 20 mins

**Cook Time:** 40 mins

**Total Time:** 60 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	Butternut squash
250 g	Brussels sprouts
150 g	red onion
150 g	bell pepper

<b>200 g</b>	Quinoa
<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	salt
<b>1 tsp</b>	black pepper
<b>1 tsp</b>	garlic powder
<b>1 tsp</b>	paprika
<b>1 tsp</b>	cumin
<b>2 tbsp</b>	lemon juice
<b>20 g</b>	fresh parsley

## Directions

### Step 1

#### Preheating

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

#### Cutting

Peel and chop the butternut squash into small cubes.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 3

Cutting

Trim the Brussels sprouts and cut them in half.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 4

Cutting

Slice the red onion and bell pepper into thin strips.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 5

Mixing

In a large mixing bowl, combine the butternut squash, Brussels sprouts, red onion, bell pepper, olive oil, salt, black pepper, garlic powder, paprika, and cumin. Toss well to coat the vegetables with the spices and oil.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

### Roasting

Spread the vegetables evenly on a baking sheet lined with parchment paper. Roast in the preheated oven for 30-35 minutes, or until the vegetables are tender and slightly caramelized.

**Prep Time:** 0 mins

**Cook Time:** 30 mins

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## Step 7

### Boiling

While the vegetables are roasting, cook the quinoa according to the package instructions.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 8

### Plating

Once the vegetables and quinoa are cooked, assemble the bowls by dividing the quinoa and roasted vegetables among four serving bowls. Drizzle with lemon juice and sprinkle with fresh parsley.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 10 g

**Protein:** 10 g

**Carbohydrates:** 35 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	8 g	21.05%	32%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	5000 iu	555.56%	714.29%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	100 mg	10%	10%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	4 mg	50%	22.22%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Barbecue Game Day

### Cuisines

Mediterranean Spanish American

### Nutritional Content

Low Calorie Low Fat High Fiber Low Sodium High Iron

### Kitchen Tools

Microwave Grill

### Course

Salads Snacks

### Cultural

Chinese New Year

## Demographics

Diabetic Friendly

## Diet

Vegan Diet

## Meal Type

Lunch

Dinner

Snack

Supper

## Difficulty Level

Medium

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