

Copycat Starbucks Veggie and Rice Bowl

Yield: 4 large salads

Prep Time: 10 mins

Cook Time: 30 mins

Total Time: 40 minutes

Ingredients:

6 to 9 cups	kale and red cabbage or salad greens, of choice
2 cups	cooked brown or wild rice
2 cups	broccoli florets (about 1 small head of broccoli)
2 3 cups	cubed butternut squash (I buy precubed squash)
2	small beets, steamed or roasted
1/2 to 1 cup	fresh garden peas, or you can use frozen, thawed peas
4 tablespoons	tahini
1 tablespoon	maple syrup
1	large lemon, juiced (about 3 tablespoons lemon juice)
1/2 teaspoon	salt
1/2 teaspoon	garlic powder
1/8 teaspoon	cayenne pepper
2 3 tablespoons	water to thin, as needed

Directions:

Cook brown rice according to package directions and roast cubed squash and broccoli florets at 425 degrees F. for about 25-30 minutes.

Meanwhile, prepare greens and whisk together dressing ingredients.

Once brown rice and veggies have cooked and cooled slightly, create your salads by dividing chopped greens into 4 bowls and top with veggies, rice and dressing. Enjoy!

Source: kimsgravings.com

