

Baked Cauliflower Bowl with Squash Puree

Ingredient List:	Method:
<p>1 package of cubed butternut squash</p> <p>1/4 C water</p> <p>1/4 C almond milk</p> <p>1 Tbsp fresh sage</p> <p>1 tbsp fresh chive</p> <p>1 Tbsp olive oil</p> <p>1 lemon (juice)</p> <p>Sea salt</p> <p>1 tsp Black pepper</p> <p>1 Tbsp curry</p> <p>1 head of cauliflower cut into florets</p> <p>5 carrots cleaned and cut in half</p> <p>1 C quinoa</p> <p>Mixed greens</p> <p>Olive oil + vinegar for dressing the greens</p>	<p>Pre-heat oven to 425 and prepare a lined, greased baking sheet</p> <p>Cook quinoa according to instructions on box</p> <p>Place cubed squash and water in a microwave proof bowl</p> <p>Cook until soft, about 8 minutes</p> <p>Put softened squash in a blender with almond milk, sage, chive and 1/2 tsp sea salt and 1/2 tsp black pepper</p> <p>Blend until smooth and set aside</p> <p>In a large bowl combine 1 Tbsp olive oil, lemon juice, 1 tsp sea salt + curry</p> <p>Add cauliflower and carrots, mix until all veggies are coated</p> <p>Pour on to the prepared baking sheet</p> <p>Bake for 20-25 minutes until cauliflower is starting to brown</p> <p>Place greens dressed with oil + vinegar at bottom of bowl, add quinoa, squash puree and top with cauliflower and carrots</p> <p>Enjoy!</p>