

Prep Time: 25 mins

Cook Time: 10 mins

Yields: 4-6 servings

Mediterranean Roasted Vegetable Salad with Garbanzo Beans and Tahini Dressing

Ingredients:

2 cups	carrots, cut into ½ inch rounds
1 cup	sweet potato
1 cup	butternut squash
2 tablespoons	sesame oil
2 tablespoons	balsamic vinegar
2 tablespoons	Dijon mustard
6 cloves	garlic
2 cups	broccoli
2 cups	cauliflower
	salt
¼ cup	tahini
¼ cup	seasoned rice wine vinegar
2 cups	garbanzo beans
4 cups	salad greens

Directions:

Pre-heat oven to 400.

Cut carrots, sweet potato and squash into ½ inch pieces. Place in a bowl and add 1 tablespoon sesame oil, 1 tablespoon balsamic vinegar and 1 tablespoon Dijon mustard. Add 3 cloves garlic and salt. Place on a greased or parchment lined sheet pan in one layer. Place in the oven. Roasted for 45 minutes.

Cut broccoli and cauliflower. Place in a bowl and add 1 tablespoon sesame oil, 1 tablespoon balsamic vinegar and 1 tablespoon Dijon mustard. Add 3 cloves garlic and salt. Place on a greased or parchment lined sheet pan in one layer. Place in the oven. Roast for 20 minutes or until browned.

Drain and/rinse garbanzo beans. Place in a bowl.

Place tahini and seasoned rice wine vinegar in a blender and mix until smooth. Pour over garbanzo beans and let marinate.

When the vegetables are done roasting, add the garbanzo beans. Add a little extra seasoned rice wine vinegar if you need to thin the dressing. Toss and add salt if needed.

Serve over a bed of salad greens or enjoy alone.