



## Balsamic Roasted Tempeh Bowls

6 servings

1 hour

### Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup Balsamic Vinegar
- 3 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Italian Seasoning
- 1 1/8 lbs Tempeh
- 1 cup Red Onion (medium, sliced)
- 6 Carrot (medium, peeled and chopped)
- 4 cups Mushrooms (quartered)
- 3 Zucchini (sliced)
- 1 1/2 cups Quinoa (dry)
- 2 1/2 cups Water

### Nutrition

Amount per serving	
Calories	474
Fat	21g
Carbs	49g
Fiber	7g
Sugar	9g
Protein	27g
Cholesterol	0mg
Sodium	69mg
Potassium	1294mg
Vitamin A	10393IU
Vitamin C	25mg
Calcium	172mg
Iron	5mg
Vitamin D	4IU
Vitamin B6	0.7mg

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Combine the olive oil, balsamic vinegar, garlic, sea salt, black pepper and Italian seasoning in a bowl and mix well. Place the tempeh, red onion, carrot, mushrooms and zucchini together in a large bowl and toss with the balsamic dressing to coat.
- 3 Transfer the veggies and tempeh to a large baking sheet and roast in the oven for 45 minutes, stirring halfway.
- 4 While the veggies and tempeh roast, make the quinoa. Bring the water to a boil in a small saucepan, add the quinoa, cover and simmer for 15 minutes. Remove from heat and fluff with a fork.
- 5 To serve, divide the quinoa between bowls and top with roasted veggies and tempeh. Garnish with additional balsamic vinegar if you'd like, and enjoy!

### Notes

**Leftovers:** Keeps well in the fridge up to 4 days.

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Vitamin B12	0.1µg
Magnesium	188mg
Zinc	3mg
Selenium	10µg