

Roasted Veggie Bowl with Avocado Dressing



Ingredients:

- 2 Carrots
- 2 Potatoes
- 9 oz Cherry Tomatoes
- 2 tbsp Olive Oil
- 1 tsp Garlic Powder
- 1 tsp Pepper
- 1 Avocado
- 1/5 cup Plain Greek Yogurt
- 1/4 cup chopped Parsley
- 2 cups Mixed Greens

Directions:

1. Preheat oven to 425°F.
2. Peel and chop carrots, then dice potatoes.
3. Place carrots, potatoes, and cherry tomatoes on a baking sheet. Season with olive oil, 1/2 tsp garlic powder, and 1/2 tsp pepper.
4. Bake for 20 minutes.
5. Meanwhile de-pit the avocado then scoop out insides.
6. Add avocado insides, yogurt, and chopped parsley to a food processor or blender and blend until creamy. Season with remaining garlic powder and pepper.
7. Serve roasted veggies atop mixed greens and add avocado yogurt dressing to your liking.
8. Divide in half for 2 servings of a light meal or 2 filling snacks.



HEB has several mixed greens option to choose from!

