

WARM ROOT VEGGIE & GREENS BOWL

*Grounding • Warming • Digestive -
Friendly Winter Nourishment*

With Love From, Mindy Arbuckle
MindyArbuckle.com

Serves 2-4 | Grounding • Nourishing • Light yet Satisfying

Ingredients:

Roasted Vegetables

- 2 cups sweet potatoes and/or beets, peeled and cubed
- 1 tbsp olive oil
- Pinch salt & pepper

Savory Lemon-Herb Quinoa

- 1 cup quinoa, rinsed well
- 2 cups water or vegetable broth
- 1 tbsp olive oil or ghee
- 1 clove garlic, minced (or 1 tsp garlic powder)
- ½ tsp salt
- ½ tsp turmeric (optional but beautiful)
- 1 tsp dried oregano or Italian seasoning
- Zest of ½ lemon
- Juice of ½ lemon (added after cooking)



Greens

- 4 cups spinach, kale, or chard
- 1 tsp olive oil
- 1 clove garlic, minced (or garlic powder)
- Pinch salt and pepper
- Squeeze of lemon

Toppings

- Pumpkin seeds, hemp seeds, or sunflower seeds
- Avocado slices (optional)

Optional Protein Add-Ons

- Warmed chickpeas
- Soft-boiled egg
- Hummus
- Shredded or grilled chicken (served alongside if desired)

Optional Drizzle (Highly Recommended)

Quick Lemon-Tahini Sauce

- 1 tbsp tahini
- 1 tbsp lemon juice
- 1–2 tbsp warm water
- Pinch garlic powder
- Pinch salt
- Whisk until smooth and pourable.

Instructions

1. Roast the Root Vegetables

1. Preheat oven to 400°F.
2. Toss sweet potatoes and/or beets with olive oil, salt, and pepper.
3. Roast 25–35 minutes, until tender and caramelized.

2. Cook the Quinoa

1. Rinse quinoa well.
2. Add quinoa, water/broth, olive oil, garlic, salt, turmeric, oregano, and lemon zest to a pot.
3. Bring to a boil, then reduce to low, cover, and cook 15 minutes.
4. Turn off heat and let sit 5 minutes.
5. Fluff with a fork and stir in lemon juice.

✨ This quinoa becomes fragrant, savory, and bright — the foundation of the bowl.

3. Sauté the Greens

1. Warm olive oil in a pan over medium heat.
2. Add garlic and greens.
3. Sauté just 2–3 minutes until wilted and vibrant.
4. Finish with salt, pepper and a squeeze of lemon.

4. Assemble the Bowl

Layer in this order:

1. Lemon-herb quinoa
2. Roasted root vegetables
3. Garlicky greens
4. Optional protein
5. Seeds + avocado
6. Lemon-tahini drizzle
7. Extra lemon + black pepper



✨ Why This Bowl Feels So Good

- Grounding root veggies stabilize energy
- Warm grains support digestion
- Greens + lemon keep it light and fresh
- Seeds + tahini add minerals and satisfaction

This bowl is:

- Restaurant-level delicious
- Warm and grounding without being heavy
- Detox-friendly without depletion
- Flexible for families
- Perfect for lunch or early dinner

Enjoy As a Ritual 🍲❤️🥗

Receive this meal slowly, with warmth and presence. Before your first bite, pause for one breath and offer:

"May this meal nourish me deeply and support my energy with ease."

Pair it with a cup of Shakti CCF Tea and the companion Winter Nourishment Ritual inside the SOULutions App.

