The Fall of Caesar Bowl

Ingredients
1 cup brown lentils
2 cups quinoa
1 lb Brussel sprouts, halved
1-2 beets, grated
2 carrots, grated
1 bunch kale
Optional: toasted pepitas

Caesar Dressing
1/2 cup raw almonds*
1/2 cup nutritional yeast
1/2 cup water
2 lemons, juiced
2 tablespoons Dijon mustard
2 tablespoons tamari
4 garlic cloves
1/2 teaspoon black pepper

Notes
I’m not a history buff, but I asked my sister-in-law who is (and teaches high school history) if I could call this recipe by this name and have it be historically accurate. She said Caesar was killed and didn’t exactly “fall”, but that she figured it was an okay name for a recipe.

*If you don’t have a high-powered blender using sliced almonds will process easier than whole for the dressing.

Instructions
Preheat oven to 450ºF. Line a baking tray with a silpat mat or parchment paper. Lay Brussel sprouts on the tray and roast for 20 minutes.

Place lentils in a pot and cover with cold water. Bring to a boil. When boiling, reduce heat to simmer and cook roughly 20 minutes or until lentils are al dente. They should be soft, not crunchy, but still hold their shape.

Place quinoa in a pot covered with 3 cups of water. Bring to a boil, then immediately reduce heat to low and cover with a lid. Cook for 15 minutes. Remove from heat and let sit with lid on until ready to serve.

While everything cooks place all dressing ingredients in a blender and process until smooth. Add additional water as needed to help achieve a smooth, but slightly thickened consistency.

Grate beets and carrots. If you have a food processor with grater attachment that can save time, but by hand is fine too! Alternatively you can roast the beets and carrots with the Brussels, but for that you’ll want to cube the vegetables in a similar size as the Brussels.

Tear kale into bite-size pieces and keep raw or steam. You have options for this part!

When everything is ready build a bowl and drizzle with lots of yummy dressing. If desired sprinkle with toasted pepitas.
## SHOPPING LIST

<table>
<thead>
<tr>
<th>Produce</th>
<th>Grocery (Dry)</th>
<th>Bulk or Grocery (Dry)</th>
<th>Spices</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 bunch kale</td>
<td>2 tablespoons Dijon mustard</td>
<td>2 cups quinoa</td>
<td>1/2 teaspoon black pepper</td>
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<tr>
<td>1 lb Brussel sprouts</td>
<td>2 tablespoons tamari</td>
<td>1 cup brown or green lentils</td>
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<tr>
<td>1-2 beets</td>
<td></td>
<td>1/2 cup sliced raw almonds</td>
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<td>2-4 carrots</td>
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<td>1/2 cup nutritional yeast</td>
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<tr>
<td>2 lemons</td>
<td></td>
<td>Optional: 1/3 cup toasted pepitas</td>
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<tr>
<td>4 cloves garlic</td>
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