



Cauliflower Cabbage Quinoa Dish

*Roast or Stir Fry

Oven-Roasted Vegetables

from [Deliciously Organic by Carrie Vitt](#)

serves 6

Ingredients

- 1 head cauliflower cut into bite-size pieces
- 2 large crown broccoli cut into bite-size pieces
- 3 cups Purple Cabbage
- ¼ cup coconut oil, melted
- 2 teaspoons coarse sea salt

Directions

Preheat oven to 400°F and adjust rack to middle position.

Toss cauliflower, broccoli, corn, coconut oil, sea salt and pepper in a large bowl then spread out on a large baking sheet. Roast Vegetables for about 30 minutes, stirring occasionally. Roast until the edges of the vegetables are golden brown.

Serve immediately over cooked Quinoa