

# Roasted Veggies with Doc Sauce

## Ingredients:

### Roasted Vegetables:

*1 medium head of cauliflower, cut into florets*  
*1 bunch fresh asparagus, ends snapped*  
*2 medium zucchini, sliced lengthwise*  
*1 medium red onion, peeled and sliced into 1/3-inch-thick rings*  
*2 tablespoons high-heat oil (e.g., refined coconut, avocado, grapeseed)*  
*1/2 teaspoon sea salt*  
*Freshly ground black pepper, to taste*

### Brown Rice:

*4 cups cooked brown rice*  
*1/3 cup cilantro or basil leaves, chopped*  
*3 tablespoons balsamic vinegar*  
*1 1/2 tablespoons reduced-sodium tamari*  
*Sea salt, to taste*  
*Freshly ground black pepper, to taste*

### Garnishes:

*1 cup Doc Sauce*  
*1 medium avocado, pitted, peeled, and sliced*

## Directions:

### Roasted Vegetables:

*Preheat oven to 400\*.*

*Line a large baking pan with parchment paper. Spread the veggies out over the pan, drizzle with the oil, and season with salt and pepper. Roast for 45 minutes or until veggies are tender and golden, stopping to toss at the 20-minute mark.*

### Brown Rice:

*While the veggies are roasting, add the cooked brown rice, cilantro, balsamic vinegar, and tamari to a large mixing bowl. Use a large wooden spoon to stir. Season with sea salt and black pepper, to taste.*

### To Assemble:

*Scoop 1 cup of the brown rice into a bowl, top with the roasted vegetables. Drizzle over the veggies or serve in a small dish alongside them. Garnish with the sliced avocado.*



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