

ROASTED VEGGIE BOWL WITH PESTO

Serves 2

2 large red potatoes, chopped

1 fennel bulb, sliced

2 large carrots, chopped

1 large leek, chopped

1 tablespoon coconut oil

sea salt and black pepper to taste

1 heaping tablespoon **Pumpkin Seed Pesto** see recipe below....

Preheat oven to 400 degrees F.

Spread red potatoes, fennel, carrots, and leek on a baking tray. Coat with coconut oil, sea salt, and black pepper. Bake for about 20 minutes until the vegetables are browned and tender.

When the vegetables are done, serve in a bowl and toss with pesto.

PUMPKIN SEED PESTO

2 cups fresh basil leaves

½ cup pumpkin seeds, soaked and drained

1 garlic clove

Juice of 1 lemon

½ cup extra virgin olive oil

sea salt and black pepper to taste

Combine all ingredients in a high-speed blender or food processor. Blend until smooth. Store refrigerated in an airtight container for 7-10 days.

