

Oven-Baked Veggie Platter



This oven-baked veggie platter is a favorite in my home—it's simple, nourishing, and so satisfying. The caramelized sweet potato and cauliflower pair perfectly with the hearty veggie ground, while the creamy, tangy tahini sauce brings it all together. I love adding fresh herbs or a handful of nuts for extra crunch. It's a comforting dish that makes delicious leftovers!

Preparation 10 min

Cooking 40 min

Servings 4

Nutrition Facts (per serving)

Calories 300

Fat 15

Carbohydrates 24

Fibre 8

Protein 21

Sodium 610

Ingredients

- 500 ml (2 cups) veggie ground (or PVT, rehydrated)
- 1 medium sweet potato, cubed
- ½ cauliflower, cut into small florets
- 30 ml (2 tbsp) olive oil

Sauce

- 60 ml (¼ cup) sesame butter (tahini)
- 30 ml (2 tbsp) lemon juice
- 15 ml (1 tbsp) soy sauce, low sodium
- 5 ml (1 tsp) maple syrup (or honey)
- 30 ml (2 tbsp) water
- 1 clove garlic, minced
- Pepper, to taste

Garnish (optional)

- Fresh herbs
- Chopped nuts or seeds
- Cubed avocado

Preparation

1. Preheat oven to 425°F (220°C).
2. On a baking sheet lined with parchment paper, spread cauliflower, sweet potato and veggie ground. Drizzle with olive oil and bake for 40 minutes.
3. In a small bowl, mix all the sauce ingredients.
4. Serve mixed veggies drizzled with the tahini sauce. Garnish to taste.

Notes

Can be refrigerated for up to 4 days.



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