

## Roasted Carrots & Greens Rice Bowl

1 Pound carrots, peeled and cut into 2-3" pieces  
1 teaspoon smoked paprika  
½ tsp. kosher salt  
1-tablespoon olive oil  
1 cans cannellini beans, drained  
3 oz. feta cheese, crumbled  
3 cups greens like spinach, kale, Swiss chard, or a mixture  
2 Tablespoons chopped parsley  
1 garlic clove  
Juice of ½ lemon  
1-½ cups of alfalfa or other sprout  
2 cups brown rice or grain of choice

Cook rice as directed. Toss carrots with olive oil, salt, and paprika in a large bowl, then lay out on a parchment covered baking sheet for 40 minutes, until carrots start to brown and shrivel.

While carrots are roasting, toss rinsed beans with the juice of ½ a lemon, cheese, dash of salt, minced garlic, & parsley, set aside.

After taking the carrots out of the oven, toss greens over them to wilt. Put rice in bowls; top with roasted carrots, greens, sprouts and spoon the bean mixture over the bowl. Voila!

This one inspired the above recipe;  
<https://parade.com/841790/communitytable/burned-carrot-sandwich-with-cannellini-bean-spread/>