

# Lauren's Kitchen: Roasted or Grilled Veggies with Romesco



I love the simplicity of washing and chopping a selection of seasonal vegetables, tossing them with coconut or olive oil, a dash of Himalayan sea salt and letting them roast away or cook on the grill. It's Plant Based Eating at its best in my opinion.

Our favorites for roasting include cauliflower, sweet potatoes, green beans, fingerling potatoes, asparagus, and carrots. For grilling, I suggest green beans, asparagus, eggplant, portobello mushrooms, and zucchini.

Any of these veggies are taken to a new height when topped with a dollop of this amazing Romesco sauce featured on Choosing Raw. I'm certain this recipe will soon join your collection of favorites! Add a simple green salad or slaw to start and dinner is served.

## Ingredients

1 clove garlic, roughly chopped  
1/4 teaspoon salt  
1/2 cup raw sunflower seeds  
1 1/2 cups roasted red peppers (from the jar)  
1 teaspoon oregano (dried)  
1/2 teaspoon red wine vinegar  
1 tablespoon lemon juice  
Black pepper to taste  
1/3-1/2 cup water

[Full Instructions Here](#)