Roasted Vegetable Grain Bowl

1 sweet potato, peeled and diced

2 parsnips, peeled and cut into 1/4" rounds

2 carrots, peeled and cut into 1/4" rounds

1/2 red onion, sliced thin

1 eggplant, peeled and diced

1 zucchini, peeled and cut into 1/4" rounds

8 ounces sliced mushrooms

1/2 bell pepper, diced

fresh thyme

2 Tablespoons olive oil

salt and pepper

1 lemon, cut in half

1 cup wild or brown rice, cooked

1 cup quinoa, cooked

1/4 cup walnuts

Place all vegetables in a bowl.

Drizzle with olive oil and toss to coat.

Season with salt and pepper.

Place on a foil lined baking sheet with lemon halves and fresh herbs.

Roast vegetables 40 minutes at 350.

Combine rice and quinoa.

Divide between 4 serving bowls.

Spoon vegetables over grains.

Squeeze lemon juice from roasted lemons over bowls.

Sprinkle nuts on top.