

Roasted Vegetables with Easy Tahini-Miso Sauce

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-recipe-for-new-year>

Ingredients:

- nonstick cooking spray
- 1 red bell pepper
- 1/2 white onion
- 4 cloves garlic
- 1/4 teaspoon salt
- 2 tablespoons canola oil
- 4 cups broccoli florets
- 1/4 cup tahini
- 2 tablespoons white miso
- 1/2 cup warm water
- 2 tablespoons lemon juice
- black pepper to taste

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 19 grams
3. Fat: 15 grams
4. Fiber: 6 grams
5. Protein: 7 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 510 milligrams
8. Sugar: 4 grams

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