

7-Ingredient Vegan High-Protein Sheet Pan Veggies with Herby Quinoa (Easy & Flavor-Packed)

Prep: 10 minutes • Cook: 30 minutes

Roasted sweet and white potatoes, zucchini, and onions meet lemony, herb-studded quinoa for a bright, satisfying, high-protein vegan sheet-pan dinner with aromatic Chinese five-spice. Light yet hearty and perfect for meal prep or cozy weeknights.

Ingredients

- 1 cup quinoa (rinsed)
- 2 cups water or vegetable broth
- 2 tablespoons olive oil
- 2 tablespoons dill (finely chopped)
- 2 scallions (thinly sliced)
- 1 lemon (zested and juiced)
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper (freshly ground)
- 1 medium sweet potato (cut into 3/4-inch cubes)
- 1 medium white or Yukon gold potato (cut into 3/4-inch cubes)
- 1 medium zucchini (sliced into half-moons)
- 1 medium yellow onion (roughly chopped)
- 2 tablespoons olive oil
- 1 teaspoon Chinese five-spice powder
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- to taste dill (chopped, for garnish)
- to taste scallions (thinly sliced, for garnish)
- as needed lemon wedges (for serving)
- to taste nutritional yeast (for cheesy flavor)

Instructions

1. Rinse the quinoa under cold water to remove bitterness, then cook using 1 part quinoa to 2 parts water until tender and fluffy; set aside to cool slightly.
2. Preheat the oven to 400°F (200°C) and line a large sheet pan with parchment. Add chopped sweet potato, potato,

zucchini, and onion; drizzle with olive oil, season with five-spice, salt, and pepper, and toss to coat.

3. Spread vegetables in a single layer and roast 25–30 minutes, flipping halfway, until golden and tender with crispy edges.

4. Fluff the quinoa with a fork; add dill, scallions, lemon zest and juice, olive oil, salt, and pepper; toss until fragrant and well combined.

5. Let roasted veggies cool slightly; combine with the herby quinoa or serve side by side. Finish with extra herbs and a squeeze of lemon; serve warm or at room temperature.

Tags: Vegan, High Protein, Sheet Pan, Quinoa, Chinese, Fusion

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