

Buddha Bowls

Vegan, gluten-free, dairy-free

Recipe by Jentry Lee Hull

Yields 4 Servings

Prep & Cook Time 45 minutes

Ingredients

2 large sweet potatoes, cubed and roasted

2 Tbsp avocado or coconut oil

¼ tsp kosher or pink salt

¼ tsp freshly ground black pepper

Pinch of ground cinnamon

1 head cauliflower or broccoli, chopped and roasted (same as potatoes) or steamed

2 cups chickpeas beans, or any bean will work (canned with BPA-free lining or freshly cooked)

1 cup brown rice, cooked (option to use cooked quinoa)

Method

Preheat the oven to 425°F. Line 2 baking sheets with unbleached parchment paper.

Toss cubed sweets with avocado or coconut oil, salt, pepper, and cinnamon and transfer to a lined baking sheet.

Place cauliflower or broccoli florets onto a lined baking sheet. Season with salt and pepper, if desired.

Roast for the sweets and veggies for 30 min at 425°F. Turning halfway through.

Drain and rinse beans.

Cook brown rice according to package directions. If using microwave bagged brown rice, remove from plastic packaging and cook in a microwave-safe glass dish.

Add Toppings (per serving)

½ avocado or 2 Tbsp Tahini Salad Dressing (recipe below)

¼ cup kimchi, sauerkraut, or other fermented veggies

Kosher or pink salt, sprinkle to taste

Nutrition Facts

Servings 4.0

Amount Per Serving

calories 409

% Daily Value *

Total Fat 9 g **15 %**

Saturated Fat 1 g **5 %**

Monounsaturated Fat 5 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 0 mg **0 %**

Sodium 524 mg **22 %**

Potassium 463 mg **13 %**

Total Carbohydrate 75 g **25 %**

Dietary Fiber 16 g **65 %**

Sugars 3 g

Protein 12 g **24 %**

Vitamin A **4 %**

Vitamin C **101 %**

Calcium **9 %**

Iron **34 %**



Tahini Salad Dressing

Vegan, gluten-free, dairy-free

Recipe by Jentry Lee Hull

Category: Dressings

Yields $\frac{3}{4}$ cup (12 Tbsp, 6 servings) of dressing

Total time 5 minutes

Ingredients

$\frac{1}{3}$ cup runny tahini (I like the 365 Whole Foods organic brand)

1 Tbsp apple cider vinegar

1 heaping Tbsp dijon mustard

$\frac{1}{2}$ Tbsp maple syrup

Juice from 1 medium orange or tangelo

$\frac{1}{2}$ tsp salt

1 tsp dried parsley

1 tsp garlic granules

1 Tbsp+ warm water to thin, optional

Method

In a small mixing bowl, combine all ingredients.

Adjust seasoning to taste.

Add 1 Tbsp of warm water at a time to thin the dressing. Tahini, depending on the brand, tends to thicken up quickly. So, adjust to your salad dressing liking.

Store leftovers in the fridge, in an airtight container, for 7-10 days.

Nutrition Facts

Servings 6.0

Amount Per Serving

calories 100

% Daily Value *

Total Fat 8 g **12 %**

Saturated Fat 1 g **7 %**

Monounsaturated Fat 3 g

Polyunsaturated Fat 4 g

Trans Fat 0 g

Cholesterol 0 mg **0 %**

Sodium 236 mg **10 %**

Potassium 103 mg **3 %**

Total Carbohydrate 5 g **2 %**

Dietary Fiber 1 g **3 %**

Sugars 3 g

Protein 3 g **6 %**

Vitamin A **1 %**

Vitamin C **19 %**

Calcium **7 %**

Iron **5 %**

