

Buddha Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: 1 bowl

Ingredients	Quantity	Measure
Quinoa		
Quinoa	4	cups
Water	2	quart
Salt	1	Tbsp.
Red Pepper Hummus		
Garbanzo beans, canned, dried, rinsed	4 ½	cups
Roasted red pepper, canned	1 ½	cups
Garlic, minced	6	cloves
Tahini paste	½	cup + 1 Tbsp.
Lemon juice	¼	cup
Paprika	1 ¼	tsp.
Cayenne pepper	1/8	tsp.
Roasted Garlic Chickpeas		
Garbanzo beans, canned, drained, rinsed	3	cups
Vegetable oil	3	Tbsp.
Garlic, minced	8	cloves
Paprika	2	tsp.
Salt	½	tsp.
Pepper	½	tsp.
Tzatziki Sauce		
Cucumbers, seeded	2	each
*Tofu, extra-firm, drained, pressed	1	cup
Nutritional yeast	1	tsp.
Lemon juice	¼	cup
Garlic, minced	2	cloves
Vegetable oil	¼	cup
Water	¼	cup
Dill, fresh, finely chopped	¼	cup



Buddha Bowl Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Toppings		
Grape tomatoes, halved	1	pint
Kalamata olives, pitted, halved	2	cups
Cucumbers, peeled, seeded, large dice	2	each
Pita bread, quartered, toasted	6	each

Preparation

1. Rinse quinoa. Bring water to a boil, add salt and quinoa. Cover and reduce the heat to a simmer, and cook till tender, about 15 minutes until the quinoa has absorbed most of the water. (Tiny spirals should appear at the top of the seeds). Once cooked, remove from the heat and leave the lid on for five minutes. Remove lid, fluff with a fork and allow to cool.
2. Red Pepper Hummus: combine all ingredients into a food processor and process until smooth. Scrape sides down as necessary. Adjust the seasoning as needed with salt and pepper (You may need to add some additional water to help smooth out hummus but keep a thick consistency). Place into a container and chill until ready to use.
3. Roasted Chickpeas: Preheat an oven to 400 degrees Fahrenheit. On a sheet pan or other flat container, pat the garbanzo beans dry with paper towels. In a large bowl, combine vegetable oil, garlic, paprika, salt and pepper. Add the chickpeas and toss until coated. Line a sheet pan with parchment paper. Spread the chickpeas out on the sheet pan and bake for 25 minutes, tossing occasionally, until golden brown. Remove from the oven and allow to cool to room temperature.
4. Tzatziki Sauce: finely grate the cucumbers, pat them dry with a paper towel and squeeze out any excess moisture. Set aside. *Please see separate page for tofu pressing instructions. In a blender, add tofu, nutritional yeast, lemon juice, garlic, vegetable oil, water, dill, salt and pepper and blend until completely smooth. Adjust consistency with water as needed. Remove contents from the blender into a medium bowl and add the grated cucumbers. Blend until ingredients are incorporated. Transfer sauce into a squeeze bottle and refrigerate until ready to use.

To assemble

1. Place 1 cup of quinoa into individual serving bowl.
2. Place 2 ounce scoop of red pepper hummus on top of quinoa.

Buddha Bowl Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

3. Place 2 ounce scoop of roasted garlic chickpeas, 1 ounce scoop of halved grape tomatoes, 1 ounce scoop of Kalamata olives and 1 ounce scoop of cucumbers around the red pepper hummus.
4. Drizzle bowl with 1 ounce of tzatziki sauce.
5. Place 2 pieces of pita bread in the side of the bowl and serve.

Serving Information

Garnish with fresh chopped dill, if desired.

Nutrition Information

 *From USDA Nutrient Database

Calories: 674 Total Fat: 21.5g Saturated Fat: 2.9g Monounsaturated Fat: 6.2g Polyunsaturated Fat: 10.6g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 96.5g Fiber: 14.2g Total Sugar: 2.5g Protein: 23.8g Sodium:
1629 mg Vitamin A: 27µg Vitamin C: 27.2mg Calcium: 228mg Iron: 7.1mg Folate: 246µg

