

Falafel Buddha Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: 1 bowl

Ingredients	Quantity	Measure
Carrots, sticks	6	cups
Cauliflower, core cut out and cut into small florets	6	cups
Canola oil	¼	cup
Cumin, ground	2	Tbsp.
Salt	1	tsp.
Black pepper	1	tsp.
Baby spinach	10	cups
Red cabbage, shredded	2	cups
Jalapenos, sliced	2	cups
Pistachios, toasted and chopped	2	cups
Tahini Dressing (See Recipe)	3	cups
Falafel (pre-made or homemade – see recipe)	36	pieces

Preparation

1. Preheat oven to 400 degrees Fahrenheit. Place carrot sticks and cauliflower florets in a large container or bowl. Pour the oil and coat all the vegetables. Add the cumin, salt, and pepper to the vegetables and mix well. Remove the vegetables from the container and place on a sheet pan. Roast vegetables until cooked through and caramelized (about 20-30 minutes). Remove from the oven and cool.
2. Mix the baby spinach and red cabbage together.
3. To assemble: Place 1 cup of the spinach and red cabbage mixture in a bowl. Place 1 cup of the carrot/cauliflower mixture on one side of the bowl. Add 3-4 slices of jalapenos to the right of the carrot/cauliflower mixture. Add 2 Tablespoons of pistachios to the right of the jalapenos. Add 3 pieces of falafel to the right of the pistachios to completely cover the top of the bowl. Served with a side of 2 Tablespoons of tahini dressing.

Nutrition Information

 *From USDA Nutrient Database

Calories: 601 Total Fat: 37.5g Saturated Fat: 4.7g Monounsaturated Fat: 15.7g Polyunsaturated Fat: 14.2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 47.3g Fiber: 14.8g Total Sugar: 8.3g Protein: 18.5g Sodium: 1608.1mg Vitamin A: 560µg Vitamin C: 61.7mg Calcium: 300mg Iron: 7.8mg Folate: 100µg



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