BUDDHA BOWL



INGREDIENTS:

- x 2 medium carrots
- x 1 cupshredded red cabbage
- x Lemon wedgefor squeezing
- x 8 kale leaveschopped
- x 2 cupscooked brown rice orquinoa
- x 1 cupcooked chickpeasor cooked lentils
- x 3/4 cupsauerkraubr another fermented veggie
- x 2 tablespoonsesame seeds or hemp seeds
- x Turmeric Tahini Sauce, for serving
- x Microgreens optional
- Sea salt and freshly ground black pepper

DIRECTIONS:

- 1. Preheatheoven to 400° Fandline a large baking sheet with parchmentaper.
- 2. Tossthe sweetpotatoeswith olive oil, salt, and pepper and spreadont othe baking sheet. Roastfor 20 minutes or until golden brown.

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5. Placethe kale leaves into a largebowl and toss with a squeez of lemonanda few pinches of salt. Useyour hands to massage he leaves until they becomes oft and wilted and reduce in the bowl by about half.

6. Assembleindividual bowls with brown rice, chickpeaskale, carrots, radishes, cabbages we et potatoes sauerkraut sesames eeds and microgreens if using. Season with salt and pepperands erve with the Turmeric Tahini Sauce.

BALANCING MEAL IDEAS:

x Vary the veggies. Replace the sweet potato with a steebutternuts quash or egular potatoes or try a different kind of roasted veggree asteebrussels prouts roasted broccoli, cauliflower, as paragusor beets would all be great. You could also try cooking them inseparate way Steam or sauté the kale instead of leaving it raw, steam or