

## THE DIETITIANS NETWORK OF NOVA SCOTIA

### Buddha Bowl

Buddha bowls usually consist of a grain topped with roasted vegetables and a plant-based protein. Some also include seeds, nuts, or dressings.

<b>Recipe Name:</b>	Buddha Bowl
<b>Recipe By:</b>	Antonia Harvey, P.Dt
<b>Short description of recipe:</b>	This version includes vegetables that are available during the fall in Nova Scotia and a tahini dressing.
<b>Makes</b>	4 - 6 servings
<b>Ingredients:</b>	<p style="text-align: center;"><u>Buddha Bowl Components</u></p> <p style="text-align: center;">1 head of broccoli, cut into florets 8 medium carrots, washed and peeled 1 tablespoon olive oil 250g extra firm tofu, drained and cut into cubes 2 teaspoons canola oil 1 15oz can of chickpeas, drained and rinsed <math>\frac{3}{4}</math> teaspoon chili powder <math>\frac{3}{4}</math> teaspoon cumin <math>\frac{3}{4}</math> teaspoon garlic powder <math>\frac{1}{4}</math> teaspoon pepper</p> <p style="text-align: center;"><u>Tahini Dressing</u></p> <p style="text-align: center;"><math>\frac{1}{4}</math> cup tahini <math>\frac{1}{2}</math> tablespoon maple syrup 1 teaspoon soy sauce 1 tablespoon rice vinegar 2 – 4 tablespoons hot water Cooked quinoa or brown rice</p>
<b>Instructions:</b>	<ol style="list-style-type: none"><li>1. Preheat the oven to 400°F (205°). Line a 9 x 13-inch (22 x 33 cm) baking sheet with parchment paper.</li><li>2. Cut the carrots lengthwise into thirds. Cut each third in half lengthwise. Spread the carrots out over half of the prepared baking sheet. Spread the broccoli florets out on the other half of the baking sheet. Drizzle the olive oil over the vegetables. Bake for 20 minutes or until the vegetables are tender.</li><li>3. While the vegetables are baking, heat a large non-stick frying pan over medium heat. When the pan is hot, add the tofu and stir-fry until it is golden brown.</li></ol>

Transfer to a plate and set aside.

4. Return the frying pan to the stove and heat the canola oil. When the oil is hot, add the chickpeas, chili powder, cumin, garlic powder, and pepper to the pan. Stir-fry until the chickpeas are evenly coated with the seasonings and golden.
5. To make the tahini dressing, whisk the tahini, maple syrup, soy sauce, rice vinegar, and water in a small bowl until smooth and combined.
6. Build each buddha bowl by topping some cooked quinoa or brown rice with some of the tofu, chickpeas, and roasted vegetables. Drizzle some of the tahini dressing over the buddha bowl.