



Vegetarian Recipe

Buddha Bowl

(Vegan + Vegetarian)

Ingredients:

- 1.5 cups brown rice, cooked
- 1 head of broccoli, chopped
- 2 medium sweet potatoes
- 1 TBSP olive oil
- ¼ tsp paprika
- ¼ tsp sea salt
- ¼ tsp black pepper
- ¼ tsp garlic powder
- ½ cup frozen edamame
- ½ cup purple cabbage, sliced thin
- 1 TBSP Tahini Power Sauce (see separate recipe)



Directions:

1. Preheat oven to 350 degrees.
2. Line baking sheet with tin foil and add sweet potatoes, chopped into bite size pieces. Drizzle with olive oil and seasonings. Place in oven and roast for 35-40 minutes.
3. As potatoes are cooking, cook brown rice according to package directions.
4. Next, add 1 TBSP olive oil to a medium sauté pan and add broccoli, edamame, and cabbage. Sauté for 5-8 minutes until cooked.
5. Once everything is done cooking, assemble ¼ of each ingredient into a bowl. Top with Tahini Power Sauce.

Serves: 4