BUDDHA BOWL

INGREDIENTS:

- 1 large, sweet potato, cubed
- Extra-virgin olive oil, for drizzling
- 1 watermelon radish or 2 red radishes
- 2 medium carrots
- 1 cup shredded red cabbage
- Lemon wedge, for squeezing
- 8 kale leaves, chopped
- 2 cups cooked brown rice or quinoa
- 1 cup cooked chickpeas or cooked lentils
- ¾ cup sauerkraut or another fermented veggie
- 2 tablespoons sesame seeds or hemp seeds
- Turmeric Tahini Sauce, for serving
- Microgreens, optional
- Sea salt and freshly ground black pepper

DIRECTIONS:

1. Preheat the oven to 400°F and line a large baking sheet with parchment paper.
2. Toss the sweet potatoes with olive oil, salt, and pepper, and spread onto the baking sheet. Roast for 20 minutes, or until golden brown.
3. Thinly slice the radish into rounds (this is best done on a mandolin) and use a vegetable peeler to peel the carrots into ribbons.
4. Toss the radish slices, carrots, and shredded cabbage with a squeeze of lemon. Set it aside.
5. Place the kale leaves into a large bowl and toss with a squeeze of lemon and a few pinches of salt. Use your hands to massage the leaves until they become soft and wilted and reduce in the bowl by about half.

6. Assemble individual bowls with brown rice, chickpeas, kale, carrots, radishes, cabbage, sweet potatoes, sauerkraut, sesame seeds, and microgreens, if using. Season with salt and pepper and serve with the Turmeric Tahini Sauce.

BALANCING MEAL IDEAS:

- Vary the veggies. Replace the sweet potato with roasted butternut squash or regular potatoes, or try a different kind of roasted veggie. Roasted Brussels sprouts, roasted broccoli, cauliflower, asparagus, or beets would all be great. You could also try cooking them in separate ways. Steam or sauté the kale instead of leaving it raw, steam or roast the carrots, or boil the sweet potatoes. In the summer, grilled veggies would be great here too!
- Swap in a different protein. Try edamame, lentils, black beans (or any kind of beans), or top your grain bowls with cubes of crispy tofu or tempeh. For extra crunch, you could even use roasted chickpeas!
- Change up the grain. Replace the rice with quinoa, farro, or couscous. For extra veggie power, skip the grain, and swap in cauliflower rice or broccoli rice.
- Switch the sauce. Make a different variation of my basic tahini sauce recipe, or use a different sauce entirely! I love finishing a buddha bowl with peanut sauce, lemon vinaigrette, green goddess dressing, cilantro lime dressing, hummus, or drizzles of sesame oil and soy sauce or tamari.
- Try a different pickle. Do not have sauerkraut on hand? Use pickled red onion or jalapeños instead!

NOTES:

- Yields 4 servings

Reference: https://www.loveandlemons.com/buddha-bowl-recipe/