

RECIPE | Buddha Bowl

Makes 3-4 servings

1 sweet potato, diced
1 cup edamame, shelled
1 cup brown rice or quinoa, cooked
1 large avocado
1 large handful of micro greens
1 tbsp olive oil
Salt and pepper to taste

Preheat oven to 400F.

Coat and toss sweet potatoes with olive oil, salt and pepper on cookie sheet. Roast for 20-30 minutes or until tender. Prepare dressing as follows—

1/2 cup lemon juice
1/2 cup olive oil
1/2 cup tahini
1 tbsp honey
2 cloves garlic, minced
1 tsp salt
Freshly ground pepper, to taste

Combine all above ingredients in blender until emulsified.

Bowl assembly: In a bowl, place in the following order— 1/3 cup brown rice or quinoa, 1/2 cup cooked sweet potato, 1/3 cup edamame, 1/3 large avocado, and top with micro greens. Drizzle with tahini dressing and enjoy!