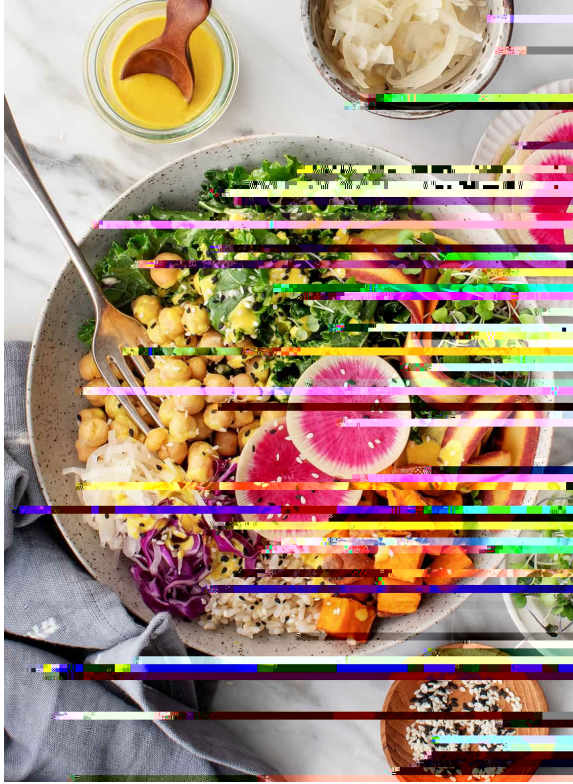


BUDDHA BOWL



INGREDIENTS:

- x 2 medium carrots
- x 1 cup shredded red cabbage
- x Lemon wedge for squeezing
- x 8 kale leaves, chopped
- x 2 cups cooked brown rice or quinoa
- x 1 cup cooked chickpeas or cooked lentils
- x ¼ cup sauerkraut or another fermented veggie
- x 2 tablespoons sesame seeds or hemp seeds
- x Turmeric Tahini Sauce, for serving
- x Microgreens, optional
- x 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.

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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, cabbages, sweet potatoes, sauerkraut, sesame seeds, and microgreens if using. Season with salt and pepper and serve with the Turmeric Tahini Sauce.

BALANCING MEAL IDEAS:

- x Vary the veggies. Replace the sweet potato with roasted butternut squash or regular potatoes or try a different kind of roasted vegetable. 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