



## Winter Buddha Bowl

4 servings  
40 minutes

### Ingredients

1 head Cauliflower (cut into florets)  
1 Carrot (chopped into 1 inch rounds)  
1 Beet (chopped into 1 inch pieces)  
1 Turnip (chopped into 1 inch pieces)  
1 Parsnip (chopped into 1 inch pieces)  
2 cups Chickpeas (cooked, drained and rinsed)  
1 cup Quinoa (uncooked)  
1 1/2 cups Water  
1/4 cup Tahini  
3 tbsps Extra Virgin Olive Oil  
1 Lemon (juiced)  
1 Garlic (clove, minced)  
1/4 tsp Sea Salt  
4 cups Kale Leaves

### Nutrition

Amount per serving	
Calories	598
Fat	24g
Saturated	3g
Polyunsaturated	7g
Monounsaturated	12g
Carbs	79g
Fiber	19g
Sugar	12g
Protein	22g

### Directions

- 1 Preheat oven to 420°F (216°C).
- 2 Place cauliflower florets, carrots, beet, turnip and parsnip in a large mixing bowl (toss beets separately if you want to keep the lighter veggies clean). Season with sea salt and pepper and drizzle with a splash of extra virgin olive oil. Toss well. Line a large baking sheet with parchment paper and spread vegetables evenly across. Bake in oven for 30 minutes.
- 3 Meanwhile, place quinoa in a saucepan with the water. Place over high heat and bring to a boil. Cover with lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 4 Create your dressing by combining tahini, extra virgin olive oil, lemon juice, minced garlic and sea salt together in a mason jar. Add 3 tbsp warm water. Shake well and set aside. (Note: Feel free to add extra water, 1 tbsp at a time, to reach desired dressing consistency.)
- 5 Place the kale in a bowl and massage with a bit of extra virgin olive oil. Season with sea salt. Place in frying pan over medium heat and saute just until wilted. Transfer into a bowl.
- 6 Pour your chickpeas into the same frying pan (which should still be lightly greased from the kale) and saute until slightly browned.
- 7 Assemble your Buddha bowl by placing quinoa in the bottom of a bowl and arranging roasted winter vegetables, sautéed kale and warm chickpeas on the top. Drizzle desired amount of dressing over the bowl. Enjoy!

### Notes

Make it 'Cheesy', Use the 'cheese sauce' from our Mac n' 'Cheese' recipe.