RAINBOW BUDDHA BOWLS

8 SERVINGS | SERVING SIZE: ⅛ OF RECIPE

When preparing this recipe, start with clean countertops and utensils. Wash hands with soap and water. Wash whole, fresh produce under cold, running water by rinsing cabbage, gently rubbing broccoli, bell pepper, cucumber, tomatoes, and lemon and scrubbing sweet potato with a clean vegetable brush. Prewashed, packaged items do not require further washing.

INGREDIENTS
1 cup quinoa, uncooked
2 cups water
1 large sweet potato, cut into ½ inch cubes
2 cups small broccoli florets
1 teaspoon olive oil
Pinch of black pepper
1 large yellow bell pepper, chopped
1 medium cucumber, chopped
1 cup cherry tomatoes, cut in half
1 cup chopped red cabbage, chopped
¼ cup sunflower seeds

ROASTED CHICKPEAS
1 can (15 ounces) chickpeas/garbanzo beans, drained and rinsed; dry well
1½ teaspoons olive oil
½ teaspoon paprika
½ teaspoon dried oregano
½ teaspoon garlic powder

DRESSING
1 medium avocado, peeled and pit removed
1 Tablespoon lemon juice
2 garlic cloves
2 Tablespoons grated Parmesan cheese
¼ cup water

DIRECTIONS
1. Preheat oven to 425°F.
2. Boil 2 cups of water and quinoa according to package directions.
3. Toss the sweet potatoes and broccoli on a large baking sheet with 1 teaspoon of olive oil. Sprinkle with black pepper.
4. Place chickpeas in a bowl. Sprinkle them with the olive oil, and toss with paprika, oregano, and garlic powder. Pour onto the baking sheet alongside the broccoli and sweet potato.
5. Bake for 25 minutes, stirring halfway through, until veggies are softened to liking.
7. To assemble bowls, use 1 scoop quinoa, top with roasted vegetables and fresh bell pepper, cucumber, tomatoes, and cabbage. Dress with a dollop of avocado dressing and sprinkle with sunflower seeds.

Nutrition Facts
8 servings per container

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<tr>
<th>Serving size</th>
<th>1/8 of recipe (264g)</th>
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<tbody>
<tr>
<td>Calories</td>
<td>240</td>
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<tr>
<td>% Daily Value*</td>
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<tr>
<td>Total Fat</td>
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<td>Saturated Fat</td>
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<tr>
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*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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