

**BUDDHA BOWLS**  
**Chef Michelle A: Tuesday 4-6 Class #6**



TODAY'S RECIPES

- Taco Buddha Bowls

SKILLS LEARNED

- Knife skills
- Nutrition (learn about macronutrients)
- Sautéing vegetables
- Using a food processor

EQUIPMENT

- Cutting board
- Knife
- Measuring spoons and cups
- Medium saucepan (to cook rice)
- 10-12" non-stick skillet (to cook chickpea taco filling)
- Food processor
- Rubber spatula
- Wooden spoon
- Juicer

**WHAT IS A BUDDHA BOWL?**

- A “Buddha Bowl” is a hearty, colorful bowl filled with a healthy grain, a green, a type of bean, assorted vegetables, and is usually topped with a delicious dressing.
- Buddha Bowls are a great source of all 3 **MACRONUTRIENTS** that our bodies need:
  - **Protein** - foods high in protein help our bodies grow strong and build muscle. Good sources of protein are meat, dairy, eggs, and beans.
  - **Carbs** - carbohydrates help give our bodies energy. Good sources of healthy carbs are potatoes, grains, fruits and vegetables.
  - **Fats** - healthy fats help support your brain function and immune system. Good sources of fat are avocados, nuts, and olive oil.
- Buddha Bowl possibilities are endless, but here are some suggestions:
  - **Grains:** brown rice, quinoa, lentils, etc
  - **Greens:** spinach, kale, arugula, lettuce
  - **Bean:** chickpeas, black beans, pinto beans, edamame
  - **Vegetables:** Roasted root vegetables, steamed broccoli, shredded carrots, etc
  - **Sauce/Dressing:** Tahini-Lemon, Avocado-Lime, Herbed-Yogurt, etc

**TACO BUDDHA BOWL**

*Serves 2-3*

INGREDIENTS

**Chickpea Taco Filling:**

- 1 - 2 tbsp olive oil
- 1 shallot, finely chopped
- ¼ of a green bell pepper, finely chopped
- 1 tbsp minced garlic
- 1 15 oz. can chickpeas, rinsed and drained
- 1 cup vegetable broth
- 1 tbsp taco seasoning\*
- 2 tablespoons salsa
- Handful of cilantro leaves

### **Buddha Bowl Toppings:**

- 1 handful spinach
- 1 cup cooked brown rice
- 1 - 2 avocados, diced
- 2 radishes, thinly sliced
- 2 tomatoes, diced
- ½ cup red cabbage, sliced into thin strips
- ½ cup sweet corn
- ¼ cup pepitas (pumpkin seeds)
- Tortilla chips (optional)

### **Cilantro-Lime Avocado Sauce**

- 1 Avocado
- 1 clove Garlic, peeled
- ¼ cup roughly chopped cilantro
- ¼ cup plain greek yogurt
- 1 tablespoon fresh lime or lemon juice
- 3 tablespoons Olive Oil
- ¼ teaspoon Kosher Salt
- ¼ teaspoon Ground Black Pepper
- Water

### INSTRUCTIONS

1. **Prep the vegetables:** Prep and set aside the spinach, diced avocado, sliced radishes, diced tomatoes, sliced cabbage, corn, and pepitas and set aside in separate bowls.
2. **Make the Chickpea Taco Filling:** Heat the olive oil in a large nonstick skillet then add shallots, green pepper and garlic and saute until the shallots are translucent. Add chickpeas, vegetable broth, taco seasoning and salsa, stir and bring to a boil. Lower the heat and simmer uncovered for 5 - 10 minutes, stirring occasionally, until the chickpeas have softened and the liquid reduces. Stir in cilantro leaves in the last few minutes of cooking.
3. **Make the Cilantro-Lime Avocado Sauce:** Place all the ingredients In a food processor or blender. Process until smooth, stopping to scrape down the sides a few times. Thin the salad dressing out with about ½ cup water (give or take) until it reaches a desired consistency.
4. **To serve:** divide spinach into 2 - 3 serving bowls, top with cooked brown rice, then the chickpea taco filling, prepared veggies, pepitas, and top with cilantro-lime avocado sauce.

\*NOTE: If you don't have packaged taco seasoning use ½ tbsp chili powder, 1 tsp ground cumin, ¼ tsp paprika, ⅛ tsp garlic powder, ⅛ tsp onion powder, ⅛ tsp red pepper flakes, ⅛ tsp dried oregano and salt and pepper to taste