

B U D D H A B O W L M E A L P R E P

INGREDIENTS:

Chickpea Bowl

- 1 tablespoon oil
- 16 oz chickpeas, 1 can, drained and rinsed
- 1 teaspoon salt
- 1 teaspoon cumin
- ½ teaspoon garlic powder
- ½ teaspoon turmeric
- 1 teaspoon red pepper flakes
- 2 sweet potatoes
- oil, to taste
- salt, to taste
- pepper, to taste
- 1 cup quinoa, cooked
- 1 cup mixed greens
- ½ avocado, sliced
- 1 tablespoon pumpkin seeds

Sauce

- 2 tablespoons hummus
- 1 tablespoon water
- ½ lemon, juiced

Tofu Bowl

- ½ package extra firm tofu, sliced in thirds
- ½ teaspoon ginger powder
- ½ teaspoon garlic powder
- Salt, to taste
- Pepper, to taste
- 2 cups broccoli floret
- Oil, to taste
- 1 cup brown rice, cooked
- ½ cup edamame
- ½ cup shredded carrot
- 2 teaspoons sesame seed

Sauce

- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 teaspoon honey
- ½ teaspoon siracha

DIRECTIONS:

1. Preheat oven to 450°F (230°C).
2. Heat olive oil in a skillet over medium heat. Add chickpeas, salt, pepper, cumin, garlic powder, turmeric, and chili flakes, and stir until toasted. Remove from pan.
3. Heat sesame oil in a skillet over medium heat. Add tofu, and sprinkle with ginger powder, garlic powder, salt, and pepper. Sear until a golden crust forms, then flip and do the same for the other side. Set aside.
4. On a baking sheet, toss sweet potatoes and broccoli in oil, salt, and pepper. Bake for 30 minutes.
5. In a bowl, combine ingredients for each sauce. Divide into 4 small tupperware containers.
6. To build the bowls, fill four tupperwares half with quinoa, half with brown rice. Layer the ingredients of each bowl on top.
7. When ready to eat, pour on dressing.