

VEGGIE-PACKED BUDDHA BOWL

INGREDIENTS:

Bowl

- 1 lb chicken breast, cubed
- 1 $\frac{1}{2}$ teaspoons ground turmeric
- $\frac{1}{2}$ teaspoon onion powder
- $\frac{1}{2}$ teaspoon ground cumin
- 1 pinch salt
- 1 pinch black pepper
- 1 tablespoon olive oil
- 3 cups brown rice, cooked
- 1 cup red cabbage, shredded
- 1 avocado, pitted, peeled, and thinly sliced
- 1 cup carrot, shredded
- 1 cup cherry tomatoes, halved
- $\frac{1}{4}$ cup green onion, thinly sliced

Roasted Garlic Dressing

- 1 head garlic
- $\frac{1}{2}$ cup olive oil
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- 2 tablespoons water
- 2 tablespoons fresh lemon juice
- 1 tablespoon dijon mustard

DIRECTIONS:

1. Preheat the oven to 325°F (170°C).
2. Make the dressing: Use a knife to slice off the top third of the head of garlic, just enough so that all of the cloves are exposed but the head remains intact.
3. Fill a small ovenproof saucepan with the olive oil and place the garlic bulb, cut side down, in the oil. Cover the pan with a lid and transfer to the oven.
4. Bake for 40 minutes, until the garlic has softened and is easily pierced with a paring knife. Let cool.
5. Once the garlic and oil have cooled enough to handle, squeeze the cloves out of the garlic skin into a blender.
6. Add the salt, pepper, water, lemon juice, and mustard to the blender. Puree until smooth.
7. With the blender still running, slowly add the oil from the saucepan in a steady stream. The dressing should be a creamy and slightly thick. Set aside.
8. In a medium bowl, season the chicken with turmeric, onion powder, cumin, salt, and pepper. Toss until evenly coated.
9. Heat the oil in a large skillet over medium-high heat. Add the chicken to the pan and sauté until firm and cooked through, about 4 minutes. Remove the pan from the heat.
10. To build the buddha bowls, divide the rice between 2 serving bowls. Top with shredded cabbage, sliced avocado, turmeric chicken, shredded carrots, halved cherry tomatoes, and green onions and drizzle with roasted garlic dressing.