

ENERGY-BOOSTING BUDDHA BOWL

INGREDIENTS:

Bowl

- 2 ½ tablespoons olive oil
- 2 cloves garlic, minced
- ⅓ teaspoon onion powder
- ⅓ teaspoon cumin
- ⅓ teaspoon paprika
- 1 cup butternut squash, peeled, diced
- 1 cup mushroom, diced
- 1 cup brussel sprout, halved
- salt, to taste
- pepper, to taste
- ⅓ cup tahini
- 1 tablespoon maple syrup
- 1 tablespoon apple cider
- 1 tablespoon fresh orange juice
- 2 tablespoons water
- salt, to taste
- pepper, to taste
- 3 cups quinoa, cooked
- 2 cups kale
- 1 cup lentils, cooked
- ⅓ cup red cabbage, diced
- ⅓ cup beef, cooked, diced
- ⅓ cup walnut
- ¼ cup fresh parsley, minced

DIRECTIONS:

1. Preheat the oven to 400°F (200°C).
2. In a small bowl, combine the olive oil, garlic, onion powder, cumin and paprika. Mix well.
3. Arrange the butternut squash, mushrooms and Brussels sprouts in separate piles on a baking sheet.
4. Season the vegetables with salt and pepper and drizzle with the seasoned oil. Mix well with your hands.
5. Bake for about 20-25 minutes, until tender.
6. To make the dressing, combine the tahini, maple syrup, apple cider, orange juice, water, and a pinch of salt and pepper in a small bowl. Mix well with a fork.
7. Combine the quinoa, kale, butternut squash, mushrooms, brussels sprouts, lentils, red cabbage, beets, and walnuts in a large bowl and top with the tahini dressing and parsley.