

Difficulty: More Involved

Serves: 2

FALL HARVEST BUDDHA BOWL

WITH KALE PESTO DRESSING

INGREDIENTS:

Buddha bowl

- 1 cup diced butternut squash
- 1 cup diced beets
- ⅛ cup olive oil
- kosher salt, to taste
- freshly ground black pepper, to taste
- 7 oz extra-firm tofu, sliced into squares
- 2 cups cauliflower florets
- 2 cups broccoli florets
- 3 cups kale, stemmed
- 1 cup cooked quinoa

Pesto

- 1 cup fresh basil leaves
- ⅛ cup pine nuts
- 2 cloves garlic
- ⅛ cup olive oil
- 1 cup kale, stemmed
- 1 cup shredded parmesan cheese
- salt, to taste
- pepper, to taste

DIRECTIONS:

1. Preheat the oven to 425°F (220°C).
2. Make the pesto: Add the basil, pine nuts, garlic, olive oil, kale, Parmesan, salt, and pepper to a blender, and blend until smooth.
3. Add the butternut squash and beets to a quarter of a baking sheet. Drizzle with olive oil and season with salt and pepper. Toss to coat.
4. Add the tofu to another quarter of the baking sheet and brush with some of the pesto.
5. Bake for 10 minutes, then remove from the oven.
6. Flip the tofu, then add the cauliflower and broccoli to another quarter of the baking sheet. Drizzle with olive oil and season with salt and pepper. Toss to coat.
7. Bake for 10 minutes, then remove from the oven.
8. Add the kale to the remaining quarter of the baking sheet. Drizzle with olive oil and season with salt and pepper.
9. Bake for 10 minutes, until the kale is crispy and all of the vegetables are tender.
10. Add the quinoa to a bowl. Top with the tofu and vegetables and drizzle with pesto.