

# Buddha Bowl

## Ingredients

- ¾ cup uncooked wild rice
- 1 large sweet potato
- ¼ tablespoon olive oil to brush the potato
- 1 medium beetroot peeled and spiralized
- 2 handfuls of lacinato kale leaves
- ½ tablespoon olive oil to massage the kale
- ½ cup shredded red cabbage
- 1 avocado sliced

## FOR THE SPICY CHICKPEAS:

- 1 can (14 oz.) chickpeas drained, rinsed and pat dry
- 1 tablespoon olive oil
- ½ teaspoon paprika
- ½ teaspoon cayenne pepper
- ¼ teaspoon turmeric
- ¼ teaspoon salt

## FOR THE LEMON TAHINI DRESSING:

- ¼ cup tahini
- 2 tablespoons lemon juice
- 1 small garlic clove minced
- 3 tablespoons water
- ¼ teaspoon salt

## TOPPINGS:

- ½ tablespoon hemp seeds
- ½ tablespoon pumpkin seeds

## Instructions

1. Cook the wild rice according to package directions.
2. Preheat the oven to 392°F.
3. Place the chickpeas in a large bowl and toss with olive oil, cayenne pepper, paprika, turmeric, and salt until evenly coated.
4. Spread the chickpeas in an even layer on a rimmed baking sheet and bake until crispy, about 20 to 30 minutes.
5. Prick the sweet potato all over with a fork and microwave at HIGH just until tender, about 3 minutes.
6. Cut the potato into 1/2-inch-thick rounds, and brush each round on 1 side with ¼ tablespoon of olive oil.
7. Heat a large skillet over medium-high heat, and cook the potato slices, oil side down, until golden brown, 2 to 3 minutes.
8. Prepare the lemon tahini dressing by whisking together tahini, lemon juice, garlic, 3 tablespoons of water, and salt until the mixture is smooth and creamy. If your dressing is too thick, add more water.
9. Divide all the ingredients evenly into 3 bowls, drizzle the lemon tahini dressing over the top, sprinkle with pumpkin seeds and hemp seeds.
10. Enjoy!

