

YIELDS: 2

Spicy Healthy Vegetarian Buddha Bowl

For those who don't know, a Buddha bowl is a hearty dish of multiple healthy ingredients, usually vegetarian, including veggies, legumes, nuts, and healthy grains. They're colorful, flavorful, and oh so filling! The beauty of a Buddha bowl is that you can add anything you like, raw or roasted, and enjoy. This bowl contains both raw and roasted ingredients, and some can be prepared ahead of time for ease. You can roast the chickpeas and pickle the cabbage a day in advance, and then, throw everything together when it's time to eat up!

PREP TIME	TOTAL TIME
20 Minutes	30 Minutes

Ingredients:

Pickled Cabbage*

- 1 small head of red cabbage, thinly sliced
- 1 C water
- 1 C apple cider vinegar
- 2 TSP sugar
- pinch of salt
- pinch of pepper
- 2 bay leaves
- 1/4 TSP celery seed
- 1/4 TSP ground coriander
- 1/4 TSP onion powder

Spicy Roasted Chickpeas

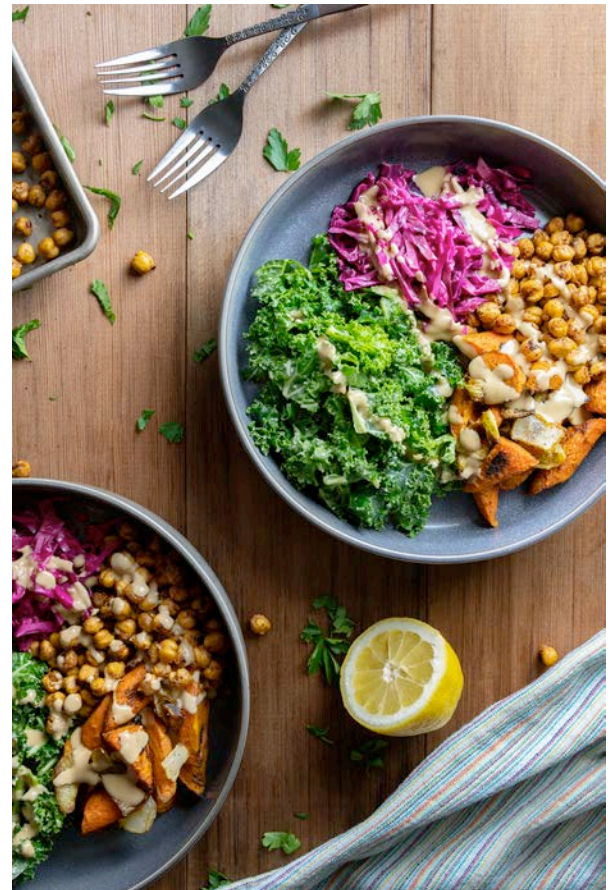
- 1 can of chickpeas
- 2 TSP olive oil
- 1/4 TSP chili powder
- 1/4 TSP onion powder
- 1/4 TSP garlic powder
- 1/4 TSP cayenne powder
- 1/4 TSP [Goya All Purpose Seasoning](#)
- 2 TBSP fresh parsley

Curry Roasted Carrots

- 2 C large chopped carrots (about 2 large carrots)
- 1/2 medium onion chopped in large pieces
- 2 TSP olive oil
- 1 TSP curry powder
- 1 TSP cumin
- 1/4 TSP salt
- 1/4 TSP pepper

Massaged Lemon Kale

- 4 C chopped kale
- juice from 1/2 lemon
- pinch of salt



Sunbutter Dressing
2 TSP [sunbutter](#)
1 TSP lemon juice
1 TSP agave nectar
2 TSP warm water

Instructions:

- Preheat oven to 425F.
- To make the pickled cabbage, mix together water, apple cider vinegar, sugar, salt, pepper, bay leaves, celery seed, ground coriander and onion powder in a large jar (until sugar is dissolved). Add the thinly sliced cabbage and shake the jar to coat all of the cabbage. Let sit in refrigerator for at least 4 hours before serving. You can make this the night before.
- To make the spicy roasted chickpeas, add chickpeas, olive oil, chili powder, onion powder, garlic powder, cayenne powder, Goya all purpose seasoning and fresh parsley to a medium bowl with a tight lid and shake until coated. Place spiced chickpeas on a baking sheet covered in parchment paper. Bake for 25 minutes.
- To make the curry roasted carrots, add carrots, onion, olive oil, curry powder, cumin, salt and pepper to a medium bowl with a tight lid and shake until coated. Place carrots on a baking sheet covered in parchment paper. Bake for 30 minutes.
- To make the massaged kale, place kale in a medium bowl, squeeze lemon over kale and add a pinch of salt. Massage kale with your hands until it begins to soften and wilt a bit (about 5 minutes).
- To make the dressing, add sunbutter, lemon juice, agave nectar and warm water to a small jar with a lid and shake. You want it to be a little runny so that you can pour it over the ingredients of the bowl.
- To assemble the bowl, place the desired amount of pickled cabbage (I used about 1/2 cup per bowl), half of the Spicy Roasted Chickpeas, Curry Roasted Carrots, and Massaged Lemon Kale in two bowls and pour dressing over top.

*the pickled cabbage makes about 3 cups. You will not use all of it for this recipe but you can always use remaining pickled cabbage on burgers, tacos or as a side.