

# End of Year Plant Powered Buddha Bowl

## Ingredients (Serves 2)

- 1 cup cooked quinoa
- 1 cup cooked green lentils
- 8 oz extra firm tofu, cubed and baked
- 1 medium sweet potato, roasted
- 1 avocado, sliced
- 1 cup steamed broccoli
- ½ cup shredded red cabbage
- Pumpkin seeds or sesame seeds (optional)

## Lemon Tahini Dressing

- ¼ cup tahini
- 2 tbsp lemon juice
- 1 clove garlic, minced
- Water to thin
- Salt to taste

## Directions

1. Roast sweet potatoes and bake tofu at 400°F for 25–30 minutes.
2. Whisk dressing ingredients until smooth.
3. Assemble bowl with grains, legumes, vegetables, and tofu.
4. Drizzle dressing and enjoy.