

INGREDIENTS

Beets

- 2 golden beets, scrubbed clean, cut into equal-sized pieces
- 1 tablespoon olive oil
- ½ teaspoon Garam Masala Blend
- kosher salt and freshly ground pepper to taste

Lentils

- 1 tablespoon canola or olive oil
- 3 cardamom pods
- 1-3 dried hot peppers, e.g., Thai chilis
- ½ sweet onion, minced
- 1 carrot, diced
- 2 garlic cloves, minced
- 1 ½ cups vegetable broth
- ½ cup dried green or beluga lentils rinsed
- 1 orange, zest
- 1 teaspoon Garam Masala Blend
- ½ teaspoon kosher salt

Garnish

- orange zest
- fresh chopped dill
- ½ cup unsalted peanuts, chopped



Spiced Beets and Citrus Lentils



4 servings



Prep: 15 min | Cook: 40 mins

Instructions

1. Beets: Preheat oven to 400. Line a baking pan with parchment paper.
2. In a medium bowl, mix the beets with the olive oil, Garam Masala Blend, salt and pepper. Evenly spread on the baking pan, making sure not to overcrowd, and roast in the oven for 20-25 minutes until soft on the inside and crispy on the outside. Keep warm and set aside.
3. Lentils: While beets are roasting, prepare the lentils. In a large cast iron skillet over medium heat, warm the oil until hot and shimmery. Add cardamom pods and dried peppers and cook, stirring frequently until fragrant, about 1 minute.
4. Add onions and sauté until lightly browned, about 1-2 minutes. Then add carrots and garlic and stir frequently until the garlic is fragrant, about 1-2 minutes. Mix in broth, lentils, orange zest, Garam Masala Blend and salt. Bring to a boil and then reduce heat to medium-low and simmer. Stir occasionally until lentils are cooked, about 20 minutes. Remove cardamom pods and peppers.
5. Serve using slotted spoon to reduce the liquid. Place the lentils on the plate and top with the roasted beets.
6. Garnish with orange zest, dill and chopped peanuts.

INGREDIENTS

Bowl

- $\frac{2}{3}$ cup dry quinoa
- $1\frac{1}{3}$ cup vegetable broth
- 4 cups baby spinach, loosely packed
- 1 cup cucumber, chopped
- 1 cup purple cabbage, chopped
- $\frac{1}{4}$ cup roasted sunflower seeds
- Garlic tahini dressing
- Avocado slices, for serving

Sweet Potatoes

- 2 medium sweet potatoes, peeled or unpeeled
- 1-2 tablespoons avocado or olive oil
- $\frac{1}{2}$ teaspoon sea salt
- $\frac{1}{4}$ teaspoon ground pepper

Chickpeas

- 1 15 oz can chickpeas, drained and rinsed
- 1-2 teaspoons olive oil
- 1 teaspoon chili powder
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon onion powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper



Power Bowls



4 servings



Prep: 15 min | Cook: 35 mins

Instructions

1. Preheat oven to 400°F and line a baking sheet with parchment paper.
2. Chop sweet potatoes into 1/2-inch chunks. Try to make them around the same size so that they are all done cooking at the same time. Place sweet potatoes, oil, salt, and pepper in a large bowl and toss to combine. Pour sweet potatoes onto parchment lined baking sheet (save some room for the chickpeas).
3. Add the chickpeas to a mixing bowl with oil and seasonings. Use your hands to coat the chickpeas well. Pour chickpeas onto a baking sheet, and separate from the sweet potatoes.
4. Bake for 30-35 minutes, tossing once half-way through until sweet potatoes are soft. Remove from oven, taste, and season with additional salt if needed.
5. While sweet potatoes and chickpeas are roasting, rinse and drain quinoa, if needed. Add quinoa and broth to a saucepan and bring to a boil. Reduce to a simmer, cover and cook for 15 minutes. Fluff with a fork and let cool for 5-10 minutes.
6. Meanwhile make the dressing and set aside.
7. To make the bowls, add $\frac{1}{2}$ cup quinoa, 1 cup spinach, $\frac{1}{2}$ cup sweet potatoes, $\frac{1}{3}$ cup chickpeas, $\frac{1}{4}$ cup cucumber, $\frac{1}{4}$ cup cabbage and 1 Tablespoon sunflower seeds to 4 bowls. Drizzle 2 Tablespoons of dressing and top with sliced avocado, if desired.
8. Serve immediately.

<https://www.eatingbirdfood.com/buddha-bowl/>