



BUDDHA BOWLS

SERVES 4

The dressing alone makes this recipe worthwhile. Altogether, it creates a filling, healthy meal, great fresh or for leftover lunches.

BOWL

- 4 cups brown rice, cooked
- 1 cup beets, grated
- 1 cup carrots, grated
- ½ cup sliced almonds, toasted
- 1 cup spinach leaves, finely chopped
- 2 cup extra firm tofu, cubed

DRESSING

- ½ cup nutritional yeast flakes
- ½ cup water
- ½ cup tamari / soy sauce / Bragg's
- ½ cup apple cider vinegar
- 2 garlic cloves, crushed
- ¾ cup vegetable oil
- 2 tablespoons tahini butter

In a skillet, saute tofu with 3 T tamari / soy sauce until light brown. Combine all dressing ingredients in a blender and puree. Placed cooked rice in four bowls. Top with carrots, beets, spinach, almonds, and tofu. Drizzle dressing over the bowls and serve immediately.

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MSU EXTENSION • AMBER KASTEN, RDN
PORTAGE HEALTH FOUNDATION • SAULT TRIBE ELDER SERVICES DIVISION

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