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Simply Seasonal

Buddha Bowl

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Buddha Bowl

Ingredients

- 2 large sweet potatoes*
 - 1 large head cauliflower*, cut into ½ inch florets
 - 1 bunch asparagus*, cut into 2-inch pieces
 - 3 tsp olive oil, divided
 - 1 large head curly kale*, ends removed, finely chopped
 - 1 large red cabbage*, thinly sliced
 - 1 large red apple*, thinly sliced
 - 2 Tbsp creamy almond butter
 - Juice of 1 large lemon
 - Sea salt and black pepper
 - Cooked rice or quinoa
- *can be found locally

Directions

1. Bake sweet potatoes at 400°F for 20-25 minutes or until soft. Cut into 1" cubes.
2. Toss cauliflower and asparagus with olive oil, salt and pepper.
3. Roast asparagus for 10-15 minutes; remove from oven.
4. Roast cauliflower 5-10 minutes more.
5. In a large bowl, combine roasted sweet potatoes, cauliflower and asparagus. Add kale, cabbage and apple.
6. Mix almond butter, lemon juice, salt & pepper. Drizzle salad with dressing.
7. Serve immediately over rice or quinoa.