

Tahini Buddha Bowl (GF,V)

Time: 2 hours

Ingredients:

Roasted Carrots:

6 large carrots, washed, peeled (optional) and quartered lengthwise

1/4 tsp. ground cumin

Drizzle of olive oil, salt and pepper to taste

Roasted Beets:

3 beets, tops cut off, washed, halved or quartered per size

Drizzle of olive oil, salt and pepper to taste

Falafels:

1 can of garbanzo beans, strained and rinsed

1 large shallot, quartered

3 cloves of garlic, rough chop

1 c. fresh parsley

1/2 tsp. course kosher salt

1/4 tsp. course black pepper

1 tsp. ground cumin

1/2 tsp. ground coriander

1 tbsp. olive oil

2 tbsp. quinoa flour

Tahini Sauce:

1/4 c. tahini (sesame paste)

Juice from 1/2 a lemon

2 cloves of garlic, rough chop

1/4 c. vegan sour cream

1/4-1/3 c. unsweetened almond (or soy, hemp, etc) milk

2 tsp. tamari sauce (or soy sauce if you don't need gluten-free)

1/4 tsp. kosher salt

1/4 tsp. course black pepper

1 tsp. ground cumin

Basics:

Cooked brown rice

Steamed vegetable of choice

Directions:

Prepare your brown rice and any other steamed vegetables you might want in your bowl. My 30-Days of Clean Eating Week 2: The Basics blog post has instructions on how to make brown rice.

For the rest of the bowl:

Heat oven to 350 degrees.

Peel the carrots and quarter or half them lengthwise. Place on a pan lined with foil, drizzle lightly with olive oil and season. Roast for 30-40 minutes until you can easily pierce with a fork.

At the same time as you roast the carrots, roast the beets. Spray aluminum foil with olive oil. Cut green tops off beets and wash thoroughly. Wrap beets loosely in the foil and put on pan in the oven. Roast for 35-45 minutes, longer depending on the size of your beets, piercing with fork to tell when completely roasted. Leave wrapped in foil to cool. Take a paring knife and peel the skin off the beets. Slice and set aside.

About 10 minutes before the beets are ready to come out of the oven, prepare the falafels. In a large food processor, put everything in and pulse to combine. Line a baking sheet with parchment paper. With your handy levered ice cream scooper, scoop out falafel balls onto the lined sheet. Flatten to thick disks with your fingers. Drizzle with a little olive oil to keep them moist and bake for 25-30 minutes. These are not doughy/bready, so they will still be soft on the inside, but if you bake for this recommended time they will be done. You can also fry these for a much yummier and crispier version, but they will turn from a health food into a fatty food.

When the falafels are done, make the tahini sauce in your Vitamix or other high powered blender. Combine all the ingredients and blend for about 15-20 seconds to emulsify.

To serve, find a big-ass bowl. Fill 1/4 with the rice and the rest with the veggies and 2-3 falafels. Drizzle with the tahini sauce. Serve warm.

Serves 4.

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