



Garden Veggie Buddha Bowl

Loaded with vegetables and fiber and also includes a good source of protein

Directions

1. Dressing: Whisk all ingredients.
2. Bowl base: Toss hot rice and lentils with dill in bowl. Top with vegetables and seeds.
3. Add dressing and serve.

*Recipe adapted:
Diabetes Canada*

PREP TIME: 15 min

COOK TIME: 15 min

SERVES: 6

Ingredients

Veggie Bowl Base

- 2 cups cooked brown rice
- 1 cup cooked or canned lentils
- 3 tbsp. chopped dill (optional)
- Salt and pepper
- 2 cups baby spinach
- 1 sliced red pepper
- 1 cup grated carrot
- ½ cup pumpkin seeds

Dressing

- 3 tbsp. peanut butter (substitute: tahini)
- 3 tbsp. rice vinegar (substitute: white vinegar or lemon juice)
- 3 tbsp. canola oil
- 1 tsp grated ginger
- 1 clove of garlic minced
- 3 tbsp. boiling water
- Salt and pepper to taste