

Buddha Bowl with Quinoa & Veggies

(USA/Asia-Inspired)

Category: Lunch | Cuisine: Fusion

Prep Time: 10 mins | Cook Time: 15 mins | Total Time: 25 mins

Ingredients:

- 1/2 cup cooked quinoa
- 1/2 cup roasted sweet potatoes
- 1/2 cup chickpeas
- 1/4 cup shredded carrots
- 1/4 cup spinach leaves
- 1 tbsp tahini or light dressing

Instructions:

1. Cook quinoa according to package instructions.
2. Arrange quinoa, sweet potatoes, chickpeas, carrots, and spinach in a bowl.
3. Drizzle with tahini or light dressing before serving.

Nutrition Facts (per serving):

Nutrient	Amount
Calories	380 kcal
Protein	16 g
Carbohydrates	45 g
Fat	10 g
Fiber	8 g

Tips:

- ✓ Customize with seasonal vegetables.
- ✓ Use lemon-tahini dressing for a zesty twist.