

Roasted Buddha Bowl

Chef Kathryn and The South Huntington Library, 4/26/2021

Yield 3-4 servings

Ingredients:

For roasting and serving 1 head broccoli, chopped into bite size pieces

1 head cauliflower, chopped into bite-sized pieces

1 ½ cups cooked chick-peas (or one 15-oz can)

2 tablespoons olive oil

Salt & Pepper

Cooked grains for serving, suggesting: quinoa, brown rice, buckwheat or millet

Optional: steamed greens as spinach or kale for garnish

For the dressing:

½ cup cashews, soaked

2 tablespoons fresh lemon juice

1 tablespoon tahini

1 large garlic clove

¼ teaspoon fine grain sea salt

¼ cup nutritional yeast

6 tablespoons water to thin out

Directions:

1. Soak cashews in a bowl of water overnight for 8 hours. For a quick-soak method, pour boiling water over cashews and let sit in the bowl for at least 45 minutes.
2. Preheat oven to 400 degrees and line two baking sheets with parchment paper.
3. Place chopped broccoli and cauliflower onto one baking sheet and drizzle with 1 tablespoon oil and mix with hands until coated. Sprinkle with salt and pepper
4. Place a couple of paper towels on the other baking sheet and spread out the drained and rinsed chickpeas. Place two more paper towels on top and roll the chickpeas around until completely dry. Drizzle with 1 tbsp. olive oil and roll around the chickpeas with your hands until coated, sprinkle with salt and pepper.
5. Roast the veggies and chickpeas for 15 minutes at 400 degrees. After 15 minutes, give the chickpeas pan a gentle shake to roll them around in the pan. Roast chickpeas another 10-15 minutes, to be golden in color. Check to see that the veggies are nicely roasted (if not give them another 5 minutes).
6. Meanwhile, prepare the dressing by adding all the ingredients into a blender and blending on high speed until very smooth.
7. When the vegetables and chickpeas are ready, remove from the oven and place in a large mixing bowl. Add your desired amount of dressing on top and toss until coated. Season to taste. Serve over a warm bowl of grains with more dressing.

Chef's Notes: the dressing will thicken in refig, thin out with water. Recipe gluten-free

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