

UNIVERSITY OF UTAH Culinary Medicine

COMMUNITY COOKING CLASSES

Saucy Buddha Bowls

Theresa Dvorak

Serves 4

Ingredients

- 1 Cup cauliflower small/medium florets
- 1 Cup (2 small or 1 large) zucchini, sliced into ½ moons
- 1 Cup (1 medium) Sweet potato, chopped into ½ inch cubes
- 1 medium sweet onion, chopped into 1 inch pieces
- 1 Cup (2-3) carrot, sliced into ½ moons
- 2 Bell peppers, chopped into ½ inch pieces
- 3 Tbls +2 Tbls Extra Virgin Olive Oil
- 1 tsp garlic powder
- 1 tsp paprika or smoked paprika
- ¼ tsp Salt
- ½ tsp ground Pepper
- 2 Cups quinoa (This will make extra quinoa in case anyone wants extra)
- 4 Cups water (for more flavor use vegetable or chicken stock)
- 4 eggs, fried

Instructions:

1. Preheat oven to 400°F. Prepare vegetables as described above, place in large bowl. Toss vegetables with EVOO, garlic powder, paprika, salt and pepper until combined, this can be done with individual vegetables or combined. Line 2 baking sheets with parchment or foil. Spread vegetables in even layer between the 2 baking sheets.
2. Bake for 20-25 minutes stir and rotate pans half way through until vegetables are golden.
3. While vegetables are roasting, place quinoa and water or stock in sauce pan with lid and bring to a boil over medium-high heat. Reduce heat to medium-low to simmer for 10-12 minutes until the quinoa has absorbed all of the liquid. Turn off heat but keep covered to keep warm.
4. Over Medium-high heat non-stick fry pan and place 2 Tbls of EVOO in warm pan. Crack 4 eggs into pan. Once eggs begin to loosen from pan, divide into quarters and flip individual eggs. Cook to preferred doneness. A bit of runny egg will add creaminess to the bowl!
5. Divide quinoa (1/2 Cup) and vegetables (~1.5 Cups) among bowls, top with egg and drizzle with desired dressing.



Nutrition Facts

Serving size: 1 · Calories: 536.5 · Total fat: 29.6 g · Saturated fat: 5.8g · Unsaturated fat: 20.2 g · Cholesterol: 372 mg · Carbohydrates: 52.1 g · Fiber: 8.9 g · Protein: 22g · Sodium: _340.5mg

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Dressings

*Spicy Farmhouse Dressing**

Serves 4

Ingredients

- 2 tbsp. fresh lime juice
- 2 tbsp. gochujang (or other favorite hot sauce)
- 1 tbsp. mayonnaise
- 1 tbsp. + 1 tsp. soy sauce
- 1 tbsp. + 1 tsp. toasted sesame oil
- 1 tbsp. sugar
- ¼ cup canola oil

Instructions:

1. Place all ingredients in small mason jar close tightly with lid and shake until well combined. Or whisk in small bowl until combined.
2. Drizzle over Buddha bowl! Enjoy!

*Spicy Tahini Dressing***

Serves 4

Ingredients

- 3 Tbsp tahini (sesame paste)
- 3 Tbsp rice vinegar
- 1 tsp grated ginger
- 1 garlic clove, minced
- 3 Tbsp canola oil
- 3 Tbsp hot water
- 1 tsp chili garlic paste (optional)
- Salt & black pepper, to taste

Instructions:

1. Place all ingredients in small mason jar close tightly with lid and shake until well combined. Or whisk in small bowl until combined.
2. Drizzle over Buddha bowl! Enjoy!

Nutrition Facts

*Serving size: 3Tbl · Calories: 209 · Total fat: 21.4 g · Saturated fat: 2g · Unsaturated fat: 16.6 g · Cholesterol: 1 mg · Carbohydrates: 5g · Fiber: 0g · Protein: .5g · Sodium: 322.5 mg

**Serving size: 3Tbl · Calories: 162.5 · Total fat: 16.6 g · Saturated fat: 1.6 g · Unsaturated fat: 14.3 g · Cholesterol: 0 mg · Carbohydrates: 3g · Fiber: 1g · Protein: 2g · Sodium: 28 mg

Cooking for a Healthier U!

