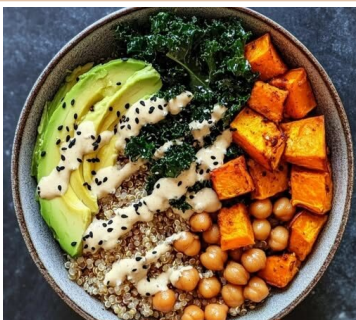


How to Make a Buddha Bowl with Quinoa and Tahini

If you're looking for a meal that's vibrant, satisfying, and loaded with nutrients, the



OVEN
400°F

TIME
20 min

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INGREDIENTS

- 1 cup cooked quinoa
- 1 cup roasted vegetables (like broccoli, sweet potato, bell peppers)
- 1 avocado, sliced
- 2 tbsp tahini
- Salt and pepper to taste

DIRECTIONS

1. Cook the quinoa according to package directions (usually 1:2 quinoa to water ratio). Fluff and set aside.
2. Toss your choice of vegetables in olive oil, salt, and pepper. Roast at 400°F (200°C) for 20 minutes until tender and slightly crispy.
3. Slice avocado just before assembling to keep it fresh.
4. In a bowl, layer quinoa, roasted vegetables, and avocado slices.
5. Drizzle with tahini (thin with water if desired) and finish with a pinch of salt and pepper.

SWAPS & NOTES

Grain options : Swap quinoa for brown rice, farro, couscous, or cauliflower rice.

Veggie mix : Use what's in season-zucchini, Brussels sprouts, beets, or carrots all work beautifully.

Dressing twist : Thin tahini with a splash of lemon juice, maple syrup, and garlic for more flavor.

Add-ins : Chickpeas, edamame, or hemp seeds boost protein and texture. ? Step-by-Step Instructions Cook the quinoa according to package directions (usually 1:2 quinoa to water ratio).

TIPS FOR SUCCESS

Roast extra veggies and save them for lunch throughout the week.

Add a handful of greens like baby spinach or kale under the quinoa for added nutrients.

For a bolder dressing, whisk tahini with lemon juice, a bit of garlic, and maple syrup.

Use a divided meal prep container to build multiple bowls in advance. ?

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/how-to-make-a-buddha-bowl-with-quinoa-and-tahini/>