

Mystery Buddha Bowls

Brown Rice

Broccoli

Carrots

Red Pepper

Chickpeas

Cilantro

Green Onion

Red cabbage

Kale

Bok Choy

Cucumbers

Herbs

Sauce (optional)

2 TBSP sesame oil

2 TBSP vegetable oil

2 TBSP soy sauce

1 TBSP sesame seeds

2 TBSP cilantro

1 TBSP garlic (3 cloves)

Green onion

Sauce recipe from *How to Cook Everything* by Mark Bittman, pg 81.



1. Cook rice according to package directions.
2. While rice is cooking, choose and cut your vegetables.
3. Cook vegetables as needed.
4. Make a sauce, if desired.
5. Season, as desired.
6. Assemble your bowl!