

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

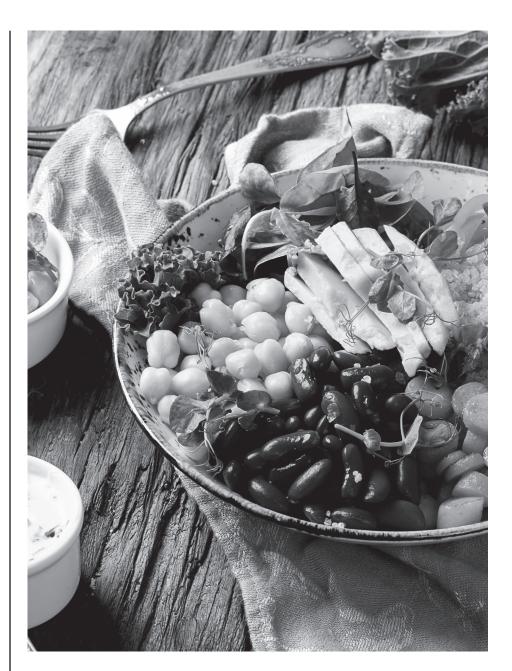
1 TBSP sesame seeds

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.
- Cook vegetables as needed.
- 4. Make a sauce, if desired.
- 5. Season, as desired.
- 6. Assemble your bowl!

