

SESAME KALE BUDDHA BOWL

Ingredients:

- 1 cup quinoa
- 1 tablespoon coconut oil/sesame oil
- 1/2 of a red onion
- 1 clove garlic, minced
- 3 cups kale, de-stemmed + torn
- 2 cups broccoli florets (about 1 small head)
- ½ cup of lentils
- 2 tablespoons tamari/soy sauce
- 2 tablespoons water
- Juice from 1/2 - 1 lime, depending on your liking
- 1/2 tablespoon dijon mustard
- 1 teaspoon fresh ginger, minced (or powdered)
- 1/2 teaspoon black pepper
- Dash of red pepper flakes (optional)
- 2 tablespoons sesame seeds (black or white)



Instructions:

Combine 1 cup quinoa with 2 cups water in a medium-sized pot. Bring to a boil and reduce heat to simmer for about 15 minutes or until all water has been absorbed.

Meanwhile, in a small saucepan, melt the coconut oil on medium-high heat. Add the red onion and sauté for 2-3 minutes. Add the garlic, kale, broccoli and lentils. Sauté for about 3 minutes.

In a small bowl, combine the tamari, water, lime juice, dijon mustard, ginger, pepper, red pepper flakes and sesame seeds. Add mixture to saucepan with vegetables and mix until well combined. Cook for about 2 more minutes.

Once quinoa is finished cooking, scoop it into 2-3 bowls and top with the vegetable mixture. Add extra tamari/soy sauce as needed.

Serves 3, recipe from: Shannon from the www.glowingfridge.com



www.northcypresswellness.com
info@northcypresswellness.com
(281)807-5300