Moroccan buddha bowl
RECIPE

Moroccan buddha bowl

COOK TIME	25 min
PREP TIME	15 min
MAKES	4 servings

A perfect blend of the fluffy and nutritious quinoa super grain and organic brown rice. Try it tonight in this quick, easy, and delicious healthy family weeknight Moroccan Tofu Buddha Bowl.

INGREDIENTS

- 1 package of SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with Garlic
- 1 tbsp. Harissa Spice blend
- 1 block extra firm tofu, cubed
- 1 cup chopped kale
- ¼ cup sliced almonds
- 1 lemon, juiced and zested
- 1 large handful parsley, chopped
- 1 tbsp. olives, chopped
- ⅓ cup shredded golden beets
- Salt, to taste
- Olive oil

DIRECTIONS

1. Microwave a package of Seeds of Change Quinoa & Brown Rice
2. In a medium bowl, toss the tofu cubes with the harissa and a drizzle of olive oil. Season to taste. Bake at 425F for 15-20 minutes.
3. Lightly saute the kale in a large pan. Season to taste.
4. Mix the almonds, lemon zest, juice and parsley together to create your gremolata topping. Season to taste.
5. Top the bowl of rice with the harissa tofu, beets, kale and olives. Spoon on the gremolata and enjoy!

NUTRITION INFO

Column 1	Column 2
Servings	2
Calories (per serving)	430
Total Fat	19g
Saturated Fat	2.5g
Trans Fat	0g
Total Fat % DV	24%
Saturated Fat % DV	13%
Trans Fat % DV	0%
Cholesterol	5mg
Cholesterol % DV	2%
Sodium	460mg
Sodium % DV	20%
Total Carbohydrate	57g
Dietary Fiber	8g
Sugars	5g
Total Carbohydrates % DV	21%
Dietary Fiber % DV	29%
Protein	4g
Vitamin A	N/A
Vitamin C	N/A
Calcium	4%
Iron	20%

You might also love...

Coconut ginger vegetable curry

Cook time

20 min

Prep time

20 min

Fabulous fried rice

Cook time

6 min

Prep time

30 min



Mushroom risotto style rice & grains

Cook time

5 min

Prep time

15 min

Korean beef bibimbap bowl

Cook time

15 min

Prep time

10 min

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