

Please bring something to contribute-ideas below!

~ Buddha Bowl Potluck ~

Combination of delicious greens, veggies, starches, beans, nuts, seeds, dressing on top.

Start with Greens:

- Kale (raw or steamed)
- Spinach
- Beet Greens
- Spring greens

Next add starch:

- Quinoa
- Barley
- Millet
- Brown rice
- Rice noodles
- Squash (butternut)
- Sweet potatoes

Some veggies (steamed, raw, chopped):

- Artichokes
- Broccoli
- Brussels sprouts
- Cauliflower
- Bell peppers
- Beets (grated or roasted)
- Carrot (grated or cooked)
- Corn
- Cucumber
- Green beans
- Green or red onions
- Mushroom
- Tomato
- Zucchini

Then add a protein:

- Black beans
- Garbanzo beans
- Cannellini beans
- Chickpeas
- Lentils
- Tempeh
- Tofu

Add some type of sauce or dressing:

- Hummus
- Salsa and Avocado
- Lemon Tahini
- Soy yogurt
- Balsamic or rice vinegar

Finish with fresh herbs or some salt-free spices:

- Chives, Basil, Cilantro, Mint, Parsley, Rosemary, Thyme, Turmeric (fresh/grated).

And/or Nuts and Seeds (raw or toasted):

- Sesame, Sunflower, or Pumpkin seeds, Cashews, Walnuts, Almonds...

Buddha Bowl Story

"Siddhartha Gautama (Buddha) woke up before dawn every morning and carried his bowl through the roads or paths wherever he was staying. Local people would place food in the bowl as a donation, and at the end he would eat whatever he had been given, a bowl of whatever food villagers had available and could afford to share."

