

RECIPE | TOMATOES

ENERGIZING BUDDHA BOWL



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INGREDIENTS

For Salad

1 pint Pure Flavor® Juno Bites Red Grape Tomatoes, halved
1 lb Pure Flavor® Mini Cucumbers, sliced
1 large sweet potato, peeled and chopped into 1-inch cubes
1 cup lentils
1 cup quinoa
1 cup cashews
1 cup sliced pickled beets
1 cup pumpkin seeds
¼ cup red onion, diced
½ cup parsley, for garnish
1 tbsp olive oil

For Dressing

¾ cups mayonnaise
¼ cup half and half cream
¼ cup sugar
¼ cup apple cider vinegar
2 tablespoons poppy seeds
½ teaspoon dry mustard
pinch of salt

DIRECTIONS

1. Preheat oven to 450°F. Toss sweet potato in olive oil and add to a baking sheet. Season with salt and pepper, to taste. Place in oven and toss every 10 minutes. Roast in oven for 25 minutes, or until edges begin to caramelize and you can poke with a fork, then remove.
2. Prepare quinoa and lentils separately according to package instructions. Mix red onion into lentils. Season with salt and pepper, to taste.
3. In a medium bowl, whisk together all dressing ingredients until combined and smooth.
4. Arrange tomatoes, cucumbers, lentils, quinoa, sweet potato, cashews, beets, and pumpkin seeds in a large, flat bowl around the smaller dressing bowl.



TOTAL TIME

35 minutes

PREP TIME

10 minutes

COOK TIME

25 minutes

SERVES

2

COOKING LEVEL

Easy