

RECIPE | PEPPERS



# MEXICAN BUDDHA BOWLS



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Recipe created by *Heather England*



**35 min**

**5 min**  
PREP.

**30 min**  
COOKING



**4**



**easy**

## INGREDIENTS

### FOR THE BOWL:

- 1 lb** Pure Flavor® Aurora Bites Mini Sweet Peppers, cut into rounds
- 1 can** pinto beans, drained & rinsed
- 2 cups** corn, frozen
- 2 large** sweet potatoes, diced
- 1 large** avocado, diced
- ¼ cup** green onion, diced
- 3 tsp** avocado oil
- 1 tsp** oregano
- 1 tsp** salt, divided
- ¼ tsp** pepper
- ¼ tsp** granulated garlic

### FOR THE DRESSING:

- ½ cup** mayonnaise
- ½ cup** cilantro
- ¼ cup** whole milk
- Juice of **1** lime
- 1 tbsp** olive oil
- 1 tbsp** dried chives
- 1 tsp** dried parsley
- 1 tsp** granulated garlic
- ¼ tsp** dried dill
- ¼ tsp** sea salt
- ¼ tsp** pepper

## DIRECTIONS

- 1 Preheat oven to 425° F. Line 2 baking sheets with parchment paper. Place sweet potatoes, 2 tsp avocado oil, ½ tsp salt, pepper and garlic on one of the sheets and mix to combine. Bake for 30 minutes, stirring halfway through, until the potatoes are crispy.
- 2 On the other sheet, place the peppers and corn. Add the remaining oil and salt. Toss to combine and bake for 15 minutes until the peppers and corn are softened.  
Heat the rinsed pinto beans with the oregano in a small pot over low heat, about 5 minutes. Set aside when warmed.
- 3 To make the dressing, combine all the ingredients in a blender and blend until smooth.
- 4 To build the bowls, add potatoes, peppers, corn, beans, avocado and green onion into bowls. Drizzle with dressing.