



RECIPE | PEPPERS

MEXICAN BUDDHA BOWLS



35 min

5 min
PREP.

30 min
COOKING



4



easy



INGREDIENTS

Recipe created by *Heather Englund*

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.