



Protein-Packed Buddha Bowl



2 servings



1 hour 25 minutes

Ingredients

- 8 oz firm tofu, drained
- 1 sweet potato, peeled and cubed
- 1 onion, sliced
- 2 cloves garlic, minced
- 1 Tbsp peanut or vegetable oil
- 1 cup chickpeas, drained
- ½ tsp salt, plus more to taste
- ½ tsp pepper, plus more to taste
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 ½ cups cooked quinoa
- 1 cup leafy greens, such as mesclun, baby kale, or spinach
- ¼ cup shredded carrots
- 1 avocado, diced
- Juice of 1 lemon

Marinade:

- 2 Tbsp vegetable oil
- ½ tsp sesame oil
- 1 tsp hot sauce
- 2 tsp dried thyme
- 1 tsp paprika
- ½ tsp salt

Instructions

1. Make the marinade: In a small bowl, combine the vegetable oil, sesame oil, hot sauce, thyme, paprika, and salt.
2. Add the marinade and tofu to a container and marinate for at least 30 minutes, or up to a day.
3. Preheat the oven to 400°F.
4. Lay the sweet potato, onion, and garlic on a baking sheet and drizzle with oil. Season with salt and pepper. Bake for 20-25 minutes.
5. In a medium bowl, add the chickpeas, salt, pepper, chili powder, and garlic powder to a bowl and stir to combine.
6. Transfer chickpeas to a skillet and cook over medium heat for about 10 minutes. Set chickpeas aside.
7. Fry the tofu in the same pan for about 10 minutes on each side.
8. Slice tofu to your preference.
9. Combine the quinoa, greens, sweet potatoes, onions, chickpeas, carrots, tofu, and avocado in a medium-large bowl and top off with lemon juice. Enjoy!