

Buddha Bowl



Before I get to the recipe, let me be clear; my Buddha Bowl will taste good, but it will not be a beautifully arranged piece of food art. And secondly, the Buddha Bowl is a made up name that has no direct relationship to the Buddhist religion. In other words, it is a trend, but as long as it tastes good, I am all for it.

There will be no portion quantities in this recipe because it depends greatly on how much you are making and for how many people. Like most salads, there is a base ingredient and then a little of this and a little of that. The ingredients in this bowl are based on the ingredients in the bowl Gary had at The Canteen.

Ingredients

Quinoa, cooked according to directions on the packaging
Brown Rice, cooked according to directions on the packaging
Tofu, cut into 1/2 inch blocks
Broccoli, blanched and roughly chopped bite-size
Napa Cabbage, thinly sliced then roughly chopped
Almonds, roughly chopped
Raisins, blanched
Ginger Miso dressing

Preparation

Prep all of the ingredients as stated above. For this recipe, I chose two parts quinoa to one part brown rice. Place the grains in a bowl large enough to toss. Add in the remaining ingredients except for the tofu and the dressing. Toss well to blend the salad. Add in the tofu and lightly toss to not break the tofu. Pour on your dressing and taste for seasoning and add salt, if desired. Lightly toss again to distribute the dressing. Enjoy.

Can be made the day before as I did for Gary.