

AARP Buddha Bowl Class
Instructor: Chef John
Date: September 16th 12PM-1:30PM

SWEET POTATO CHICKPEA BUDDHA BOWL

Flavorful, filling, 30-minute Buddha Bowl with roasted sweet potatoes, onion, kale, crispy chickpeas and an AMAZING tahini-maple sauce! A healthy, satisfying plant-based meal.

Serves: 1 Person

Ingredients

VEGETABLES

- 1 Tbsp olive, melted coconut, or grape seed oil
- 1/4 red onion, sliced in wedges
- 1 sweet potato, halved
- 1/2 bundle broccolini, large stems removed, chopped
- 1 big handfuls kale, larger stems removed
- 1/4 tsp each salt + pepper

CHICKPEAS

- 6 ounce chickpeas, drained, rinsed + patted dry
- 1/2 tsp cumin
- 1/2 tsp chili powder
- 1/2 tsp garlic powder
- 1/4 tsp each salt + pepper
- 1/4 tsp oregano (optional)
- 1/4 tsp turmeric (optional)

TAHINI SAUCE (OPTIONAL)

- 1/4 cup tahini
- 1 Tbsp maple syrup
- 1/2 lemon, juiced
- 2-4 Tbsp hot water to thin

Instructions

1. Preheat oven to 400 degrees F and arrange sweet potatoes and onions on a bare baking sheet. Drizzle both with a bit of oil, making sure the flesh of the sweet potatoes are well coated and placed skin side down on the sheet.
2. Bake for 10 minutes, then remove from oven flip sweet potatoes and add broccolini. Drizzle broccolini with a bit of oil and season with a pinch each salt and pepper.
3. Bake for another 8-10 minutes, then remove from oven and add kale. Drizzle kale with a touch more oil and season with a pinch each salt and pepper. Bake for another 4-5 minutes then set aside.
4. While vegetables are roasting, heat a large skillet over medium heat and add chickpeas to a mixing bowl and toss with seasonings.
5. Once hot, add 1 Tbsp oil and chickpeas and sauté, stirring frequently. If they're browning too quickly, turn down heat. If there isn't much browning going on, increase heat. I found 10 minutes total at slightly over medium heat was perfect.
6. Once the chickpeas are browned and fragrant, remove from heat and set aside.
7. Prepare sauce by adding tahini, maple syrup and lemon juice to a mixing bowl and whisking to combine. Add hot water until a pourable sauce is formed. Set aside.
8. To serve: Slice sweet potatoes into bite size pieces. Divide vegetables between 3 serving bowls and top with chickpeas + tahini sauce.
9. Best when fresh, though leftovers will keep for a few days in the fridge.



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Protein-Packed Buddha Bowl

Ingredients

for 2 servings

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

MARINADE

- 2 tablespoons vegetable oil
- ½ teaspoon sesame oil
- 1 teaspoon hot sauce
- 2 teaspoons dried thyme
- 1 teaspoon paprika
- ½ teaspoon salt

Nutrition Info

View Info

Preparation

1. Make the marinade: In a small bowl, combine the vegetable oil, sesame oil, hot sauce, thyme, paprika, and salt. Set aside.
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 (200°C).
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
10. Enjoy!

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Equipment needed:

2 serving bowls

2 mixing bowls

Wire whisk

Pastry spatula

Knife

Cutting board

Measuring spoons and cups

Saute pan

Turner or tongs

Oven

Advance preparation prior to class:

- Vegetables chopped and cut
- Ingredients measured and ready to be put together