



## Spring Buddha Bowl with Lemon Tahini

Yield: 2 servings

### Ingredients:

- 1 bunch of asparagus (about 10 spears) cut into 1/2 "pieces
- 2 carrots, peel and cut into 1" rounds
- 2 cups fresh spinach
- 1 cup cherry or grape tomatoes, sliced in half
- 1 cup farro, cooked (can also use quinoa)
- 1, 15 oz can of garbanzo beans, rinsed and drained
- $\frac{1}{4}$  cup raw sunflower seeds
- 1 avocado
- 2 tbsp olive oil
- salt and pepper
- fresh herbs any type such as: mint, parsley, dill, basil
- 1 lemon
- $\frac{1}{2}$  cup tahini
- 1 clove garlic

1. Add carrots, asparagus and garbanzo beans to a large baking sheet. Toss with 2 tbsp olive oil and season with salt and pepper. Roast in oven at 350 degrees for 20 minutes until tender.

To assemble your bowl:

- a. Add a scoop of cooked farro to a serving bowl
- b. Next, add fresh spinach and tomatoes
- c. Add the roasted vegetables and garbanzo beans
- d. Sprinkle on fresh herbs (mint, dill, parsley)
- e. Drizzle on Lemon tahini dressing (recipe below)
- f. Top with sunflower seeds and avocado slices



### **Lemon Tahini Dressing**

- juice of 1 lemon, about  $\frac{1}{4}$  cup
  - $\frac{1}{2}$  cup tahini
  - 1 garlic clove, minced
  - $\frac{1}{2}$  tsp salt
  - ground black pepper
  - $\frac{1}{4}$  -  $\frac{1}{2}$  cup water (as needed to thin)
1. Combine all dressing ingredients together in a large bowl. Whisk until smooth