



Chickpea Buddha Bowl with Maple Tahini Dressing

Serves: 4

Ingredients

½ red onion, sliced in wedges	¾ tsp garlic powder
2 large sweet potatoes, halved	¼ tsp each salt
1 head of broccoli, chopped	¼ tsp black pepper
1 bunch of kale, larger stems removed	1 tsp oregano
¼ tsp each salt and pepper	½ tsp turmeric
	¼ tsp cinnamon

For the chickpeas

1 (15 oz) can chickpeas, drained, rinsed and patted dry
2 Tbsp Water
1 ½ tsp cumin
¾ tsp chili powder

For the dressing

¼ cup tahini
1 Tbsp maple syrup
2 Tbsp fresh lemon juice
2-4 Tbsp hot water to thin

Instructions

1. Preheat oven to 400°F and arrange sweet potatoes and onions on a parchment lined baking sheet skin side down. Bake for 35 minutes and flip sweet potatoes half way through.
2. Season broccoli with a pinch of salt and pepper. Arrange on another baking sheet with parchment paper and bake for 20 minutes underneath potatoes and onions in the oven.
3. Prepare Kale: Heat a medium-large pot with steam basket and water and bring to a boil. Add the kale, cover, and steam until just tender, 7 to 10 minutes depending on thickness. Drain of any excess water with colander. Set aside uncovered.
4. Prepare chickpeas: Add chickpeas to a bowl and toss with seasonings. Heat a skillet over medium-high. Add 2 Tbs of water to the pan with chickpeas and sauté, stirring frequently. Once the chickpeas are browned and fragrant, remove from heat and set aside.
5. Prepare sauce: Add 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.
6. Assemble: Slice sweet potatoes into 1 inch cubes. Divide vegetables between 4 serving bowls and top with chickpeas. Serve with tahini sauce.