**Garden Veggie Buddha Bowl with Lentils & Tahini Dressing**

6 Servings

**Ingredients**

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|  | Tahini Dressing |  |
| 3 Tbsp | tahini (sesame paste) | 45 mL |
| 3 Tbsp | rice vinegar | 45 mL |
| 1 tsp | grated ginger | 5 mL |
| 1 | garlic clove, minced |  |
| 3 Tbsp | canola oil | 45 mL |
| 3 Tbsp | boiling water | 45 mL |
|  | salt & ground black pepper, to taste |  |
|  | Bowl Base |  |
| 2 cups | cooked brown rice | 500 mL |
| 1 cup | cooked black (Beluga) or green lentils | 250 mL |
|  | salt & ground black pepper, to taste |  |
| 3 Tbsp | chopped dill | 45 mL |
| 2 cups | thinly sliced baby spinach | 500 mL |
| 1 cup | thinly sliced red peppers | 250 mL |
| 1 cup | grated carrots | 250 mL |
| 1 cup | mushrooms sliced | 250 mL |
| 1/2 cup | pumpkin seeds | 125 mL |

**Instructions**

**Step 1**  
WHISK tahini, vinegar, ginger, garlic and canola oil together until smooth. Add boiling water to thin out. Season with salt and pepper and reserve.

**Step 2**  
TOSS hot rice and lentils with dill in a bowl. Season with salt and pepper to taste. Divide into serving bowls.

**Step 3**  
DIVIDE spinach, peppers, carrots, mushrooms and pumpkin seeds on top of lentil blend in bowls.

**Step 4**  
DRIZZLE dressing on top of veggies and serve immediately.

Adapted from: http://www.cookspiration.com/recipe.aspx?perma=jhbUWFg7cWh&lang=en