**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