



Buddha Bowl

Mix & Match

1. Start with the greens

Add around 2 large handfuls of mixed leafy vegetables. This can be any mix of salad greens or coleslaw mix.

2. Grains

Add approximately 1/2 cup of grains. This will vary depending on your sensitivities, but examples include cooked black or brown rice, quinoa or buckwheat.

3. Legumes

Add about 1/2 cup of cooked legumes such as black beans, chickpeas or lentils. These can either be cooked from scratch or tinned, but be sure to rinse and drain well.

4. Vegetables

Add a variety of chopped vegetables - these can include tomatoes, carrots, capsicum, mushrooms, snow peas right through to gourmet ingredients like artichoke hearts etc.

5. Protein

Add a protein - examples include hard-boiled eggs, diced chicken, feta or tinned seafood.

6. Healthy Fats

Sprinkle on some chopped nuts such as pecans, almonds, walnuts or cashews, or seeds, such as pumpkin, hemp, pine nuts or sunflower. Or add some chopped avocado.

6. Finish off with some dressing

When it comes to salad dressings, we can unfortunately undo some of our great work of eating so many healthy vegetables, as most commercial salad dressings contain 'damaged' heavily processed vegetable oils. It's actually really easy to make your own dressings, and in this way, you can add whichever healthy oil you want. You can also create an endless varieties of dressings. See the next page for some examples.

Salad Dressings

Mix and Match

Basic Vinaigrette Dressing

3 tablespoons of extra virgin olive oil (or avocado, walnut, pumpkin seed or sachalini oil)
1 tablespoon of vinegar of choice (red wine vinegar, white vinegar, apple cider vinegar, tarragon vinegar, Balsamic vinegar, or raspberry vinegar – or even just lemon or lime juice)
1 pinch of Himalayan sea salt
Dash of black pepper

Optional: ¼ tsp minced garlic or powdered garlic, powdered onion, dijon mustard, chopped fresh or dried herbs

Place all ingredients in a screw-top jar, and shake well. Always shake again before adding to salad. Can be stored in the fridge for up to a week but the oil will go a little hard, so let it sit out of the fridge before using so it mixes well.

Creamy Salad Dressing

To create a creamy dressing, I switch out store-purchased mayonnaise for my own creamy dressing made with Greek yogurt, or for those avoiding dairy, you can use coconut yogurt.

½ cup yogurt
1-2 tablespoons of lemon or lime juice
2 tablespoons extra virgin olive oil
½ teaspoon of zest from lemon or lime
1 tablespoon finely diced fresh herbs such as parsley or dill (or use less of dried equivalents)
½ teaspoon of maple syrup
1/4 teaspoon of onion powder (or up to 1 tablespoon of finely chopped spring onion)
Pinch Himalayan sea salt
Dash black pepper

Place all ingredients in a screw-top jar, and shake well. Best used on day of making. Always shake again before adding to salad.

Asian Salad Dressing

1/3 cup soy sauce (or tamari for gluten free)
1 tablespoons of pure maple syrup or honey
Juice of 1 lime
1 tablespoon extra virgin olive oil
1 tablespoon sesame oil

Optional - add some chilli flakes or ground garlic powder

Place ingredients together in a screw-top jar, and shake well. Will keep for up to a week in the fridge. Shake well before using.