



## Fall Harvest Buddha Bowl

### Ingredients:

Servings: 4

2 cups uncooked quinoa  
1 can chickpeas, rinsed and drained  
½ lb ground pork  
1 delicata squash, seeded, diced  
1 cup halved Brussels sprouts  
1 medium beets, diced  
2 carrots, sliced  
1 medium apple, diced  
2 tbsp olive oil  
2 tbsp maple syrup  
1 tbsp chopped fresh rosemary  
Pinch of salt and pepper  
Shredded parmesan cheese

### Sauce

½ cup tahini  
1 medium lemon, juiced  
2-3 tbsp maple syrup  
1 tbsp rosemary



### Directions:

1. Preheat the oven to 400F.
2. Cut up the squash, Brussels sprouts, beets, carrots, and apples in desired pieces.
3. Add squash, Brussels sprouts, beets, and carrots onto the pan and drizzle with maple syrup, olive oil, salt, pepper, and rosemary. Toss to combine. Bake until softened, about 15 minutes.
4. In the meantime, rinse and cook quinoa according to the package.
5. In a medium pan, pour some olive oil and cook the ground pork until brown. Season with salt, pepper, and rosemary as desired.
6. Prepare the dressing. Add all ingredients in a small bowl and whisk to combine. Add water if necessary to thin. Taste and adjust salt, pepper, and rosemary, if needed.
7. Build bowl by putting quinoa in bowl and then topping with beans and/or pork or tofu, roasted veggies, diced apples, and cheese. Top with tahini dressing. Enjoy!

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