

PESTO BUDDAH BOWLS

This colorful bowl calls for your choice of rice, meat, and leafy green veggie; it's a great way to enjoy a mix of heart-healthy foods! Our mixture combines brown rice, arugula, avocado, tomato, pesto, oil, and vinegar, but you can customize it to your preference. These ingredients are a feast for the eyes and taste buds!

Yield= 4 servings (2 1/2 Cups)

Ingredients

- 1/3 cup prepared **pesto** (store bought works well)
- 2 tablespoons **balsamic vinegar**
- 1 tablespoon **extra-virgin olive oil**
- 1/4 teaspoon ground **pepper**
- 4 cups **arugula** or other leafy green vegetable
- 2 cups cooked **brown rice** (or other type of rice)
- 1 cup cherry **tomatoes**, halved
- 1 **avocado**, diced
- Squeeze of **lemon**
- Optional fresh protein: tofu, shrimp, or chicken -OR- optional canned protein, like chicken or tuna

Instructions

1: Whisk pesto, vinegar, 1 Tbsp oil, and pepper in a large bowl. Remove 4 tablespoons of the mixture to a small bowl; set both bowls aside.

2: If using an optional fresh protein, heat 1 Tbsp oil in a large cast-iron skillet over medium-high heat. Add tofu, shrimp, or chicken and cook (stirring) until just cooked through with a slight char, 4 to 5 minutes. Remove to a plate. (If using optional canned protein, skip this step.)

3: Add arugula and rice to the large bowl with the vinaigrette and toss to coat. Divide the arugula-rice mixture between 4 bowls. Top with tomatoes, avocado and meat. Drizzle each bowl with 1 tablespoon of the reserved pesto mixture. Add lemon on top.

Per Serving- Calories: 167, Saturated Fat: 1g, Sodium: 86.8mg, Added Sugars: 0g



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