

The Buddha Bowl Guide

By: Britney Shawley | Whole and Healthy Kitchen



Buddha bowls are a staple in our home since they are both delicious and nutritious. They are nearly foolproof too and thus the perfect way to practice cooking. You can choose whatever grain, protein or veggie, sauce, spice or herb you want based on what you desire or what you have in your cupboards/fridge. Once you know the basics of a buddha bowl (which I will explain here) you can make any kind of buddha bowl and tap into that creative center that God gave you!

Start with Layers, knowing that every layer adds to the flavor.

a) The Base

- i) Start with Whole Grain or Lettuce Greens. Whole Grains such as: Wild Rice, Bulger, Farro, quinoa, brown rice, couscous, barley, rice noodles, ramen. Cook grains in double the amount of water + salt + butter. An option is to also cook separately caramelized onions, crushed garlic and any spices you desire. Mix them into the grains. Lettuce Greens such as romaine, arugula, spring mix or kale. Lightly toss these green in a dressing (or simple lemon and olive oil) if they are the bulk of your bowl.

b) The Raw Crunch

- i) Think of anything that will add texture to the bowl. Think pralines or toasted pecans, shredded carrots, diced apples, corn, sliced cabbage, diced cucumber, sliced radish, toasted nuts, seeds, croutons.

c) The Smooth layer

- i) Think of anything that will melt in your mouth. Think roasted (with olive oil, sea salt and any spices) or boiled (with butter and sea salt) sweet potato, squash, beet, broccoli, cauliflower or avocado (think guacamole), feta or goat cheese, chunks of cheddar.

d) The Protein

- i) I often like vegetarian protein in these bowls such as chickpeas, black beans, cold cooked lentils, but also shredded chicken, boiled egg, crushed bacon, flaked salmon or tuna are fantastic as well.

e) The Tart Spot

- i) This might be my favorite layer, but most probably not for everyone. I love the fresh and tart pop in your mouth. For this I often turn to pickled red onions, pickled cucumbers or jalapenos, pickled carrots, sliced shallots, kimchi or sauerkraut. Olives (black or green with raw garlic, sliced) or feta cheese.

f) The Drizzle

- i) Now is the time for the sauce. Check out my [Sauces Blog](#) for inspiration keeping in mind a simple sauce such as hummus thinned out with water or garlic aioli is simple and superb.

Note: Use Ingredients at their best

It is wise to eat vegetables that are in season. So when it is winter, stick to the potatoes, leeks, beets, sweet potatoes, squash, kale etc and in the summer stick to using romaine, corn, cucumbers, Tomatoes, Peppers, Squash. In the fall stick with apples, winter squash, pumpkin, brussels sprouts, figs. And in the spring arugula, spinach, asparagus, beets, carrots, mint, spring peas.

The reason for this is because:

- 1) Eating vegetables and fruit in season means you are eating them at their best. When they are at their best they are most nutrient dense and taste so much better!!
- 2) If you eat in season, you are eating locally. If you're eating local you are (as a community) expending less travel costs on trucks and avoiding fossil fuels that contribute to global warming.

This is why I always say that your food decisions determine the world you want to live in.

Simple ingredients can turn into nourishing meals that feed not only our body but our soul!!



This Buddha Bowl Guide is part of my Kitchen Alchemy Course. In this Course we focus on shifting our perception around food and finding confidence and consistency in cooking healthy meals. We empower you with the tools you need to learn to love to cook. Come join us and our community and experience a transformation of your mindset and your cooking which will bless your whole life. With Love, Britney Shawley
<http://www.wholeandhealthykitchen.com/kitchen-alchemy>