



SPRING VEGETABLE  
BUDDHA BOWL

*Trefethen*

# SPRING VEGETABLE BUDDHA BOWL



## DRESSING INGREDIENTS

- 1 cup whole milk Greek yogurt
- 1 cup parsley
- 1 cup mixed, dill, mint, tarragon, and/or cilantro
- 2 Tbsp chopped chives
- 2 Tbsp lemon juice
- ½ tsp lemon zest
- 1 Tbsp Trefethen extra virgin olive oil
- salt and pepper

## SALAD INGREDIENTS

- 2 large carrots, peeled and cut in half then into 6ths
- 1 can organic garbanzo beans
- 2 tsp smoked paprika
- 1 Tbsp Trefethen extra virgin olive oil
- ¼ head green cabbage, shredded
- ¼ head red cabbage, shredded
- 2 radish, sliced thin
- 1 cup snap peas, cleaned & cut in half
- 2 avocado, halved, sliced inside of shell
- 4 hard-boiled eggs, cleaned & cooled
- 2 cup brown rice, cooked to package directions
- ½ cup toasted, salted sunflower seeds
- salt and pepper to taste

## PROCEDURE

1. To make the goddess dressing, combine all ingredients in a food processor or blender. Pulse until well combined and season to taste with salt and pepper. Keep refrigerated in an airtight container for up to 5 days.
2. Preheat oven to 375F. On a baking sheet, toss carrots and garbanzo beans in olive oil and smoked paprika and roast in oven until well colored and tender, about 20 minutes. It is normal for the garbanzo beans to make a popping sound, so don't worry! When cooked, remove pan from oven and allow to cool slightly.
3. In a large bowl, place cabbage, radish, and snap peas. Season with salt and pepper and toss with dressing.
4. In four of your favorite bowls, artfully arrange all your salad ingredients, taking care to keep each component separate. Top the whole salad with a drizzle of goddess dressing and finish with sunflower seeds. Enjoy!

## TREFETHEN WINE PAIRING

***Chardonnay:** Subtle notes of toasted oak frame the palate which features more citrus flavors and hints of apple and pear. The lively acidity brings great balance and the finish is refreshing and smooth.*