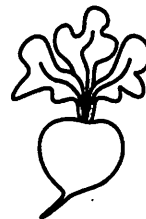


# The Beauty of the Buddha Bowl



## Ingredients

**Green Veggies – the nutrient-dense base**  
Kale, spinach, arugula, spring mix, swiss chard

**Healthy Grains and Starches - satiate & add texture**

Quinoa, brown rice, wild rice, farro, freekeh, sweet potatoes, yams, corn

**Plant-based Protein – fill you up**

Tofu, tempeh, hummus, beans/legumes - chickpeas, lima beans, black beans, edamame, peas

**Healthy Fat – add richness**

Avocado, tahini, nuts (e.g., cashews, almonds), seeds (e.g., sunflower seeds, pumpkin seeds)

**Veggies – provide nutrients & texture**

Red cabbage, shredded beets or carrots, broccoli, bell peppers, Brussels sprouts, mushrooms, cucumber, tomatoes, cauliflower, green beans, radishes

**Fruits – provide tang or sweetness**

Pear, apple, strawberries, blueberries, mango, melon, dried cranberries, currants, dried cherries, orange slices

## Extras – add character for antioxidants, taste, and uniqueness!

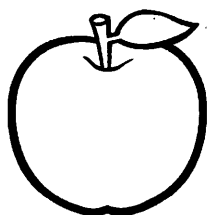
Balsamic vinegar, apple cider vinegar, lemon or lime juice, kimchi, sauerkraut, sriracha sauce, Dijon, pickled red onions, diced green chilies, pickled peppers, salsa, cinnamon, turmeric, curry powder, black pepper, paprika, nutritional yeast, dulse flakes, sesame seeds, fresh chopped herbs (e.g., cilantro, basil, mint)



***BE MINDFUL when you eat  
...eat slowly and chew well.***

**Add Color!**

**Look for different textures**



**Use cooked, raw, hot, and cold items**

**Choose a good-sized, beautiful bowl!**

**Sauces**

**Tahini Sauce:** ¼ cup tahini, 1 Tbsp. lemon juice, 2 Tbsps. warm water, 1 Tbsp. coconut aminos or soy sauce, 1 Tbsp. maple syrup (optional), ½ tsp. cumin, ¼ tsp. turmeric

**Avocado Sauce:** 1/2 avocado mashed, 1 Tbsp. lemon or lime juice, ¼ cup fresh cilantro- chopped, 1/4 tsp cumin, dash of salt, 1 Tbsp. nutritional yeast (optional)

**Balsamic Dressing:** ¼ cup balsamic vinegar, 1 tsp. Dijon mustard, 1 tsp. maple syrup, 1 tsp. of coconut aminos or soy sauce (optional), dash of dried herbs (optional)

**Nutty Sauce:** 2 Tbsps. almond butter, 1 Tbsp. coconut aminos or soy sauce, 1 Tbsp. rice vinegar or mirin, dash of ground ginger, dash of garlic powder, dash of red pepper flakes, enough warm water for thinning to pourable consistency

*Mix balsamic & hummus*

# PLEASING YOUR PLANT-BASED PALATE

## VIVACIOUS VINEGARS

Most information taken from *Food & Nutrition Jan/Feb 2017* – A publication of *The Academy of Nutrition and Dietetics*



**Balsamic Vinegar** – Made from grape must (whole pressed fruit & stems), traditional balsamic vinegar is dark and intense, and compliments fruits - best used in marinades & salad dressings.

**Champaign Vinegar** – Created from yeast sediment and Champaign remaining in the neck of the bottle during the sparkling wine production process, this light and sweet vinegar complements berry salads and white sauces and brightens tomato sauce flavor.

**Cider Vinegar** – Very versatile, this vinegar is fermented from apple juice or cider and is sold unfiltered and filtered. It is ideal in salad dressings, especially for slaws. It also preserves foods well. (I like to use when making cashew cheese spread or sauce.)

**Coconut Vinegar** – Made from coconut water or from the sap of the coconut tree, this vinegar is white and cloudy, with a high acidic taste and a hint of yeast (similar to cider vinegar in look and taste). Low on glycemic index (35) and rich in minerals, such as potassium and phosphorus.

**Red Wine Vinegar** – This full-bodied vinegar is great with red vegetables such as beets (to maintain their vibrant color), dark sauces and gravies (think mushroom or red miso sauces), mustard and rich-flavored herbs in vinaigrette.

**Rice Vinegar** – Resulting from the fermentation of sugars in rice, this vinegar is very light in color with a clean and delicate flavor similar to apple cider vinegar. It does not alter the appearance of food and works nicely with herbs and spices.

**Mirin** is used in Japanese cuisine – it is a type of rice wine that is sweeter than rice vinegar but lends a bit of mild acidity to a dish. If a recipe calls for mirin, you can add ½ teaspoon coconut sugar to 1 Tablespoon rice vinegar to use as a substitute.

**Sherry Vinegar** – Sherry wine is fermented in oak casks until it becomes a full-bodied, brownish-colored vinegar with a hint of raisin flavor. This flavor profile is a cross between red wine and balsamic vinegars and is ideal as a finishing touch to soups, stews and casseroles.

**White (Distilled) Vinegar** – Fermented from grains, white vinegar has a tangy and tart taste. Because of its strong flavor, only small quantities are used in cooking. Common uses include pickling, making “buttermilk” by adding to plant-based milk, and using as a household cleaning solution.

# # #

**Other Vinegars to Try:** Chinese Black Vinegar, Chinese Red Rice Vinegar, Japanese Rice Vinegar, Malt Vinegar, Vietnamese Rice Vinegar, herb-infused vinegars, spice-infused vinegars, fruit-infused vinegars.

**TIP:** Store all vinegars in air-tight containers in a cool, dark place. Refrigeration is not necessary.

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Please visit Healthy World Sedona at [www.healthyworldsedona.com](http://www.healthyworldsedona.com) & on Facebook.  
Become a part of a group that focuses on compassionate plant-based living.