

HARISSA ROASTED CARROT BUDDHA BOWL

Submitted by Jeffrey Quasha at Arkansas Children's Hospital, Georgia

SERVES 4

INGREDIENTS

- 1 lb. rainbow carrots, fresh, peeled, roll cut
- 1 tbsp. oil, canola
- 1 tbsp. harissa hot sauce
- 2 cup quinoa, cooked
- 1 tsp. salt, kosher
- 1 tbsp. turmeric
- 1 tbsp. cumin, ground
- 1 tsp. paprika, smoked
- 1 cup cooked lentils
- 1 cup micro greens, arugula, fresh
- 2 each avocado, fresh
- ¼ cup cilantro, fresh, chopped
- 2 cup lettuce, salad mix, spring
- 4 oz. tzatziki sauce

PREPARATION

1. Preheat the oven to 350°.
2. Toss the carrots in oil and place the carrots on a baking sheet and roast for 15-20 min. of until tender. Stir the carrots halfway through the baking time. Remove the carrots from the oven and toss in a large mixing bowl with the harissa paste until the carrots are well coated.
3. Prepare the quinoa. Hold hot for service.
4. In a medium pot over high heat combine the cooked lentils, turmeric, cumin, smoked paprika, and salt.
5. In a bowl, start with about ½ cup of cooked quinoa. On the left side of the bowl, on top of the quinoa, add ½ cup of the roasted multi-color carrots. On the right side of the bowl add on half of an avocado sliced.
6. Top the sliced avocado with ½ cup of spring greens. Top the bowl with a ½ cup of the cooked lentils and then ¼ of a cup of baby arugula greens. Drizzle 1 tbsp. of the purchased tzatziki over the bowl and garnish with chopped cilantro.

