



# Sesame-Ginger Macro Bowl

Prep Time: 20 min. Makes: 2 servings.

Here's a yummy sesame-ginger dressed bowl with all the plant food groups represented, in proportion and at an average portion size. Scale up or down, based on your energy needs. Choose the bowl size that works for you, and fill it with wonderful foods to fuel your body.

## INGREDIENTS

- 1 cup cooked brown rice
- 1 cup cooked blackeyed peas
- 1 cup red cabbage, sliced
- 1 bell pepper, thinly sliced
- 1 cup snow or snap peas, trimmed and sliced in half width-wise
- 2 Tbsp green onion, chopped
- 1 cup kale or spinach, chopped
- 1 avocado, thinly sliced
- 2 Tbsp sesame seeds (white or black)

## DRESSING INGREDIENTS

- 2 Tbsp tahini (or almond or cashew butter)
- 2 Tbsp rice or apple cider vinegar
- 1 tsp toasted sesame oil
- 1 Tbsp fresh ginger, grated then juiced
- pinch-1/4 tsp salt, to taste

## DIRECTIONS

1. Make sure your rice and blackeyed peas are cooked in advance.
2. Heat a pan to medium-high, and saute the cabbage with water, broth or olive or un-toasted sesame oil. Once it's softened lightly, add the bell pepper. Then add the snow/snap peas, the kale or spinach, and green onion last, to warm for a minute, until it just wilts, before turning off the heat.
3. Make the dressing by whisking together the dressing ingredients, or pureeing in a small blender, adding about 2-3 Tbsp water as needed to make a creamy consistency.
4. Arrange your bowl, with the vegetables on one side, the rice in one quarter, the peas in the other quarter.
5. Top with the sliced avocado, a long drizzle of dressing and a sprinkle of sesame seeds.

## NUTRITION FACTS

Per serving  
Calories 585

		% Daily Value
30 g	Total Fat	46%
4 g	Saturated Fat	22%
0 mg	Cholesterol	0%
52 mg	Sodium	2%
67 g	Carbohydrates	22%
20 g	Dietary Fiber	79%
10 g	Sugar	
19 g	Protein	29%
7900 IU	Vitamin A	172%
162 mg	Vitamin C	270%
312 mg	Calcium	31%
7 mg	Iron	53%

## Hints & Tricks

Make a double (or triple) batch of the dressing, so that you can whip up an easy salad or bowl.