



# Buddha Bowls

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SYMPOSIUM

**Recipe Found:** <https://www.delish.com/cooking/menus/recipes/a50768/buddha-bowls-recipe/>  
**Recipe Shared By Texas Oncology's Nicole Hodac, MS, RDN, CSO, LD**

## INGREDIENTS

- 1 large sweet potato, peeled and cut into ½ inch cubes
- 1 large red onion, diced
- 3 tbsp extra virgin olive oil, divided
- Kosher salt
- Freshly ground black pepper
- 1 lb boneless, skinless chicken breasts
- ½ tsp garlic powder
- ½ tsp ground ginger
- 1 small clove garlic, minced
- 2 tbsp creamy peanut butter
- ¼ cup juice of 1 lime
- 1 tbsp low-sodium soy sauce
- 1 tbsp honey
- 1 tbsp toasted sesame oil
- 4 cups cooked brown rice
- 1 avocado, thinly sliced
- 2 cups baby spinach
- 1 tbsp freshly chopped cilantro, for garnish
- 1 tbsp toasted sesame seeds



## DIRECTIONS

1. Preheat oven to 425°. On a large baking sheet, toss sweet potatoes and onion with 1 tbsp of olive oil and season with salt and pepper. Bake until tender, 20 to 25 minutes.
2. Meanwhile, in a large skillet over medium-high heat, heat 1 tbsp of olive oil. Season chicken with garlic powder, ginger, salt, and pepper. Cook until golden and no longer pink, 8 minutes per side. Let rest 10 minutes, then slice.
3. In a small bowl, whisk together garlic, peanut butter, lime juice, soy sauce, and honey. Whisk in sesame oil and remaining 1 tbsp olive oil until smooth.
4. Divide rice among four bowls and top each with sweet potato mixture, chicken, avocado, and baby spinach. Sprinkle with cilantro and sesame seeds and drizzle with dressing before serving.