



# Heather's Buddha Bowls

Survive&Thrive  
SYMPOSIUM

**Recipe Found:** <https://www.skinnytaste.com/buddha-bowl/print/>  
**Recipe Shared By Texas Oncology's Nicole Hodac, MS, RDN, CSO, LD**

## INGREDIENTS

- 4 cups broccoli florets
- 2 cups cubed butternut squash
- 1 small onion, sliced into ½ moons
- 1 tbsp olive oil
- 1 small (4-ounce) Hass avocado, sliced
- Olive oil spray
- 4 large eggs
- Kosher salt
- Freshly ground black pepper
- 2 cups cooked brown rice
- ¼ cup chopped pecans



## DIRECTIONS

1. Preheat oven to 400 degree F.
2. On a large sheet pan, toss broccoli, squash and onions with olive oil, salt and pepper to taste.
3. Spread veggies out in an even layer and roast for 20-25 minutes, or until crisp tender.
4. Meanwhile, heat a medium skillet over medium-high heat and lightly spray with oil.
5. Add eggs, one at a time, leave space between them. Season each with a pinch of salt and pepper, cover and cook until whites are just set and yolk is still runny.

## TO ASSEMBLE BOWLS

1. Divide rice and roasted veggies evenly among 4 bowls.
2. Top each with 1 ounce avocado and 1 egg and 1 tbsp pecans.
3. Serve immediately.