

**TOTAL TIME**

35 minutes

**PREP TIME**

10 minutes

**COOK TIME**

25 minutes

**SERVES**

2

**COOKING LEVEL**

Easy

**RECIPE | TOMATOES**

# ENERGIZING BUDDHA BOWL

**INGREDIENTS****For Salad**

1 pint Pure Flavor® Juno Bites Red Grape Tomatoes, halved  
1 lb Pure Flavor® Mini Cucumbers, sliced  
1 large sweet potato, peeled, chopped into 1-inch cubes  
1 cup lentils  
1 cup quinoa  
1 cup cashews  
1 cup sliced pickled beets  
1 cup pumpkin seeds  
¼ cup red onion, diced  
½ cup parsley, for garnish  
1 tbsp olive oil

**For Dressing**

¾ cups mayonnaise  
¼ cup half and half cream  
¼ cup sugar  
¼ cup apple cider vinegar  
2 tablespoons poppy seeds  
½ teaspoon dry mustard  
pinch of salt

**DIRECTIONS**

1. Preheat oven to 450°F. Toss sweet potato in olive oil and add to a baking sheet. Season with salt and pepper, to taste. Place in oven and toss every 10 minutes. Roast in oven for 25 minutes, or until edges begin to caramelize and you can poke with a fork, then remove.
2. Prepare quinoa and lentils separately according to package instructions. Mix red onion into lentils. Season with salt and pepper, to taste.
3. In a medium bowl, whisk together all dressing ingredients until combined and smooth.
4. Arrange tomatoes, cucumbers, lentils, quinoa, sweet potato, cashews, beets, and pumpkin seeds in a large, flat bowl around the smaller dressing bowl.

*Follow us*[pure-flavor.com](http://pure-flavor.com)