Veggie Buddha Bowl

Ingredients

**Peanut Sauce**
1 small garlic clove
1 1” piece ginger, peeled and grated
½ cup cream peanut butter
2 Tbs soy sauce
1 Tbs rice vinegar
1 tsp brown sugar
½ tsp sesame oil
water to thin

**Cabbage Slaw**
½ cabbage, shredded
1 carrot, peeled and grated
1 tsp salt
1 scallion, thinly sliced
2 Tbs sesame oil
1 Tbs soy sauce
1 tsp rice vinegar

Directions

Mix peanut sauce until smooth.
Toss slaw ingredients together in a large bowl.
Place over any rice or grain and top with tofu (or any meat or protein of choice).

Recipe adapted from [http://whiteplateblankslate.com/asian-slaw/](http://whiteplateblankslate.com/asian-slaw/)
[https://www.epicurious.com/recipes/food/views/peanut-sauce-51149020](https://www.epicurious.com/recipes/food/views/peanut-sauce-51149020)

Nutrition Tip:
Serve tofu with veggies and a whole grain like brown rice or quinoa for a balanced meal.

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