

# 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



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

## 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/>  
<https://www.epicurious.com/recipes/food/views/peanut-sauce-51149020>

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