

# Farm Market Recipe



## Buffalo Cauliflower Grain Bowl

### Ingredients:

- 5 cups fresh cauliflower florets
- 1 (15-ounce) can no-salt-added chickpeas, rinsed and patted dry
- 3 tablespoons extra-virgin olive oil
- ¼ teaspoon salt
- 4 tablespoons Buffalo-style hot sauce
- ½ cup whole-milk plain strained (Greek-style) yogurt
- 3 tablespoons water
- 1 tablespoon lemon juice
- ½ teaspoon dried parsley
- ½ teaspoon dried chives
- ½ teaspoon dried dill
- ¼ teaspoon garlic powder
- 2 (8.8-ounce) packages precooked microwaveable brown rice
- 1 large carrot, peeled
- 1 avocado, sliced
- 1 cup thinly sliced celery

### Directions:

1. Preheat oven to 475°F. Line a large rimmed baking sheet with parchment paper.
2. Trim 5 cups cauliflower florets into 1- to 1½-inch pieces; place in a medium bowl. Add chickpeas, 3 tablespoons oil and ¼ teaspoon salt; toss until evenly coated. Spread in a single layer on the prepared baking sheet. Roast, undisturbed, until the cauliflower is tender and the chickpeas are starting to crisp, 15 to 20 minutes.
3. Return the cauliflower and chickpeas to the bowl. Add 4 tablespoons hot sauce; toss until evenly coated. Spread in a single layer on the baking sheet. Roast, undisturbed, until slightly crisp and browned, about 10 minutes.
4. Meanwhile, whisk ½ cup yogurt, 3 tablespoons water, 1 tablespoon lemon juice, ½ teaspoon each dried parsley, dried chives and dried dill and ¼ teaspoon garlic powder together in a medium bowl until smooth and creamy. Microwave 2 (8.8-ounce) packages rice according to package directions. Lay carrot flat on a cutting board. Create 1½ cups ribbons using a vegetable peeler, rotating the carrot as needed. (Reserve any remaining carrot for another use.)
5. Divide the rice among 4 bowls. Top the bowls with the cauliflower mixture, carrot ribbons, avocado, celery and the dressing.

### Nutrition Facts:

Servings: 4 Serving Size: 1 bowl  
Per Serving: calories 570; carbohydrates 66g;  
dietary fiber 18g; total sugars 9g; protein 16g;  
total fat 29g; saturated fat 5g; cholesterol  
4mg; sodium 609mg; calcium 137mg;  
iron 4mg; magnesium 147mg; potassium  
1416mg; zinc 3mg

*Recipe from Eatingwell*