

Buddha Bowls With Turkey Meatballs or Crispy Tofu

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-thanksgiving-turkey-meatballs>

Ingredients:

- 2 cups cooked quinoa
- 1 cup sweet potatoes roasted
- 1 cup cauliflower roasted
- 1 cup spinach leaves
- 3/4 cup tofu baked
- 1/2 cup turkey meatballs baked
- 1/2 cup broccolini roasted or blanched
- 1/4 cup pickled onions
- fresh cilantro
- 3 tablespoons seasoned rice vinegar
- 1 tablespoon canola oil
- 1 teaspoon soy sauce
- 1 teaspoon sugar
- 1/2 teaspoon sesame oil
- 1/4 teaspoon freshly ground black pepper

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 31 grams
3. Fat: 8 grams
4. Fiber: 5 grams
5. Protein: 9 grams
6. SaturatedFat: 1 grams
7. Sodium: 120 milligrams
8. Sugar: 3 grams

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