

Spring Buddha Bowl



Discover our delicious recipe for a Spring Quebecois Buddha Bowl, showcasing the fresh and crunchy flavors of the Quebec spring. This balanced and vibrant dish will take your taste buds on a healthy and revitalizing journey.

Preparation 10 min

Cooking 25 min

Servings 5

Nutrition Facts (per serving)

Calories 440

Fat 11

Carbohydrates 43

Fibre 10

Protein 40

Sodium 210

Ingredients

- 600 g (1 ¼ lbs) skinless and boneless chicken breasts
- 30 ml (2 tbsp) dried oregano
- 15 ml (1 tbsp) garlic-infused oil
- 4 beets, with stems and leaves
- 250 ml (1 cup) pearl barley, rinsed and drained

- 750 ml (3 cups) water
- 75 g alfalfa sprouts
- 4 carrots, peeled in strips
- 500 ml (2 cups) cherry tomatoes, cut in half

Note: For a low FODMAP recipe, replace the beets with one or two oven-roasted red peppers and the barley with quinoa.

Preparation

1. Preheat the oven to 375°F (190°C).
2. In a bowl, combine chicken breasts, oregano and garlic-infused oil.
3. Dice beets. Chop beet leaves and set aside.
4. On a baking sheet lined with aluminum foil, spread chicken breasts on one half of the sheet. Spread the diced beets on the other half of the baking sheet. Bake for 25 minutes, turning halfway through. Set aside.
5. Meanwhile, in a medium saucepan, combine barley and water. Bring to a boil, covered. Reduce heat to medium and simmer for 20 minutes or until cooked through. Set aside.
6. Slice chicken breasts and assemble individual bowls. Serve with a low FODMAP dressing such as the [Creamy Herb Dressing](#).

Notes

Can be kept for 4 days in the refrigerator.



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