

Citrus-Tamari Buddha Bowl with Peanut-Sesame Sprinkle

2 SERVINGS | HANDS ON TIME: 15 minutes | TOTAL TIME: 45 minutes

Gulf Pacific Brown Rice

Gundermann Acres or Fruitful Hill Farm Sweet Potato, washed and scrubbed, peeled

Kitchen Pride Crimini Mushrooms, washed immediately prior to cooking

Gundermann Acres Spinach, root end trimmed

South Texas Organics Hamlin Oranges, washed

Farmhouse Kitchen Peanut-Sesame Sprinkle

Farmhouse Kitchen Citrus-Tamari Dressing

Sea salt and fresh cracked black pepper

Olive or vegetable oil, or butter

STEP 1 Preheat the oven to 425°F degrees. Next, bring 8 cups of water to a boil in a large saucepan. When the water reaches a boil, add 1 tbsp. salt and brown rice. Boil the rice, stirring occasionally, until tender, approximately 35-40 minutes. Taste the rice to see if it's cooked to your preferred texture. Cook for an additional 5 minutes, if needed. Turn off heat, drain well and return to pot. Keep covered until ready to serve.

STEP 2 While the rice is cooking, chop the sweet potatoes into medium-sized pieces, about 1" cubes. Add to a baking sheet and drizzle with 1 tbsp. oil. Season with ¼ tsp. salt and pepper and toss to coat. Roast in the preheated oven for 15 minutes.

STEP 3 Meanwhile, wash and thoroughly rinse the spinach to remove dirt and grit. Pat with a kitchen towel or spin dry to remove excess water. Chop the spinach stems and leaves into small pieces, about 1" and set aside. Next, quarter larger mushrooms and chop smaller mushrooms in half. Add the mushrooms to a bowl. Toss with 1 tbsp. oil, ¼ tsp. salt and pepper, and set aside. Remove the rind and white pith from the oranges by first trimming the ends from the oranges, cutting just deep enough to expose the flesh. Set the orange on either of the cut ends to stabilize and then use a sharp knife to cut downward, following the shape of the orange. Cut just deep enough to remove the rind and white pith, without removing too much of the flesh. After removing the rind and white pith, turn the orange on its side and slice into approximate ½" thick rounds. Cut the orange rounds into bite sized pieces. Remove any seeds, as needed, and set aside.

STEP 4 After 15 minutes, remove the baking sheet from the oven and flip the potatoes. Next, scatter the sliced mushroom around the sweet potatoes. Roast for an additional 10 minutes or until the potatoes are tender and creamy in the center. You should be able to insert a paring knife into the potato with no resistance. The mushrooms should reduce in size and brown.

STEP 5 Adjust the heat of the saucepan with the cooked brown rice to medium-low. Add 1 tbsp. oil, half of the chopped spinach, and half of the citrus tamari dressing. Stir and fold the spinach until wilted, approximately 3-5 minutes. Season with salt and pepper to taste.

STEP 6 To serve, spoon the warm brown rice and spinach into serving bowls. Top with roasted sweet potatoes, mushrooms, raw spinach, and oranges. Drizzle remaining citrus-tamari dressing over the vegetables and garnish with peanut-sesame sprinkle. Enjoy!