

# Green Goddess Bowls

by Joni Marie Newman

## Roasted Vegetables

1 can (15 ounces) chickpeas, drained, reserving the liquid and 12 individual chickpeas for use in the Green Goddess Sauce

2 cups riced cauliflower

2 cups finely chopped broccoli

3 cups diced sweet potato

3 tablespoons coconut oil

1 tablespoon dried parsley

1 teaspoon paprika

1 teaspoon garlic powder

1 teaspoon onion powder

½ teaspoon salt

½ teaspoon black pepper

Preheat oven to 375 F. Toss all ingredients together until well coated. Arrange in a single layer on a baking sheet lined with a reusable baking mat, or parchment. Roast for 45 minutes, tossing to flip about halfway through.

**Yield:** About 5 cups

## Coconut Cilantro Lime Rice

2 cups long grain white rice, like Jasmine

1 (15 ounces) can full fat coconut milk

1 ½ cups water

juice of one fresh lime

zest of 1 fresh lime

1 bunch cilantro, chopped (about 1 cup)

salt to taste

Thoroughly rinse rice. Add rice, coconut milk, and water to the bowl of your rice cooker and press start. (Alternatively, in a pot with a tight fitting lid, bring water and coconut milk to a boil, reduce to a simmer, add rice, cover and simmer for 15 to 20 minutes, or until all liquid has been absorbed, fluff with fork.) Once rice is cooked, stir in lime zest, juice, cilantro, and salt.

**Yield:** About 6 cups

## Seasoned Lentils

2 cups water

1 cup dry green or black lentils

1 bay leaf

1 tablespoon minced garlic

1 tablespoon lime juice

Add water, lentils and bay leaf to a pot. Slowly bring to a simmer and gently simmer for 20 to 30 minutes, adding water as needed, until tender, but whole and not mushy. Strain and return to the pot. Stir in garlic and lime juice.

**Yield:** About 2 ½ cups

## **Green Goddess Dressing**

1/4 cup room temperature aquafaba (liquid from a can of chickpeas)  
12 individual chickpeas (reserved from above)  
1 tablespoon rice vinegar  
2 teaspoons dijon mustard  
¾ cup vegetable or canola oil  
½ cup fresh curly parsley  
½ cup fresh cilantro, stems and leaves  
¼ cup fresh tarragon leaves  
2 stalks of green onion, roots removed  
1 tablespoon fresh dill  
1 tablespoon garlic  
salt, to taste

Add aquafaba, chickpeas, vinegar, and mustard to the cup of your blender (you can also use a large tumbler or tall wide mouth glass jar.) Blend until smooth and white. Slowly add the oil in a slow, thin stream while the blender is running. The mixture will thicken and become like mayo. Add in the remaining ingredients and pulse until blended, but still has a little bit of texture. Store in an airtight container in the refrigerator until ready to use.

**Yield:** About 1 ½ cups

## **Massaged Bitter Greens**

2 bunches bitter greens, like dandelion greens, arugula, collards, kale, etc., chopped into small bite-sized pieces (about 8 cups)  
1/3-1/2 cup Green Goddess Sauce

Add greens and sauce to a mixing bowl. Using your hands massage the sauce into the greens until coated and tender.

**Yield:** About 5 cups

## **Sweet Pickled Fennel & Onions**

1 medium red onion, sliced paper thin (julienne)  
1 bulb fennel, sliced paper thin (chop up a few of the fennel leaves to add color and extra flavor)  
1 cup rice vinegar  
½ cup water  
2 tablespoons sugar

Add ingredients to an airtight container and give it a good shake to mix. Place in the refrigerator overnight to pickle.

**Yield:** About 3 cups

## **Seeds & Sprinkles**

¼ cup pepitas (pumpkin seeds with shells removed)

¼ cup sunflower seed kernels

¼ cup currants (or raisins, or any other dried fruit)

1 tablespoon sesame seeds

1 teaspoon garlic powder

½ teaspoon sea salt

½ teaspoon paprika

¼ teaspoon black pepper

Mix together seeds and currants. In a dry pan, toast over medium heat until fragrant. **DO NOT BURN.** This should take no more than 2 minutes. Transfer to a small container with lid, add in the remaining ingredients while still warm and shake to coat.

**Yield:** About ¼ cup