

# Green Goddess Rice Bowl

The Vegan Gym · Lunch · Dinner · GF · SF

**752 cal · 42g protein · 88g carbs · 26g fat · 1 serving**

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## Ingredients

- 1 cup cooked brown rice
  - ½ cup roasted chickpeas
  - 1 cup roasted vegetables (zucchini, cherry tomatoes)
  - ¼ cup fresh basil chopped
  - 2 tbsp sunflower seeds
  - Green Goddess sauce:
    - 2 tbsp tahini
    - 1 tbsp lemon juice
    - 1 clove garlic minced
    - 2 tbsp fresh herbs (basil, parsley)
    - 1 tbsp nutritional yeast
    - water to thin
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## Instructions

1. Cook brown rice according to package directions.
  2. Preheat oven to 400°F. Toss chickpeas with a drizzle of oil and roast for 25 minutes until crispy.
  3. On a separate baking sheet, roast diced zucchini and cherry tomatoes for 15-20 minutes.
  4. Make the Green Goddess sauce: blend tahini, lemon juice, minced garlic, fresh herbs, nutritional yeast, and water until smooth.
  5. Assemble the bowl: place rice in the base, top with roasted chickpeas, roasted vegetables, and fresh basil.
  6. Drizzle generously with Green Goddess sauce and sprinkle with sunflower seeds.
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Generated by Meal Planner · Per serving macros