

Antioxidant-Rich Rainbow Bowl



Ingredients

For the bowl:

- 1 medium cauliflower head
- 1 cup chickpeas (rinsed and drained)
- 1 cup cooked whole grain of choice (wild rice, quinoa, millet)
- ½ cup arugula
- ½ cup dark leafy green of choice (kale, spinach, collard green)
- ½ medium sweet potato (previously parboiled)
- ¼ cup shredded carrot
- ¼ cup red onion, diced
- 1 tsp salt (divided)
- 2 Tbsp olive oil (divided)
- 1 Tbsp curry powder
- Juice of ½ a lemon

For the Lemon-Tahini Sauce:

- 1 Tbsp tahini sauce
- 1 Tbsp olive oil
- Juice of ½ a lemon
- ¼ tsp salt
- 1 tsp paprika



Toppings

- Nuts or seeds of choice (optional)

Instructions

For the bowl:

1. Preheat the oven to 425 degrees F.
2. Prepare the cauliflower by slicing it into ½ inch thick steaks and breaking it into bite-sized pieces.
3. Toss cauliflower in 1 Tbsp of olive oil, ½ tsp of salt, and additional spices of choice, if desired.
4. Place prepared cauliflower onto a baking sheet lined with parchment paper. Be careful not to crowd cauliflower pieces as this will prevent roasting. Set aside.
5. Toss chickpeas in 1 Tbsp of olive oil, lemon juice, ½ tsp salt, and 1 Tbsp curry powder.
6. Transfer seasoned chickpeas to a second baking sheet lined with parchment paper.
7. Roast both cauliflower and chickpeas in the oven for 20-25 minutes.

For the Lemon-Tahini Sauce:

1. Whisk together tahini, olive oil, salt, lemon juice, and paprika in a small mixing bowl.
2. If the sauce becomes thick, add a dash of water to achieve desired consistency.

Assemble Your Rainbow Bowl:

1. Start with your whole grain, roasted chickpeas, and cauliflower.
2. Add additional parboiled sweet potato, arugula, dark leafy greens, and shredded carrot.
3. Top with diced red onions, lemon-tahini sauce, and nuts or seeds of choice.