

Vegan Rainbow Bowl

About this Recipe

Meal: Entrée

Serves: 1

Prep time: 15 minutes

Cook time: 0 minutes

Category

Dietary Preference

- ✓ Dairy-Free
 - ✓ Gluten-Free
 - ✓ Low FODMAP
 - ✓ Nut-Free
 - ✓ Omnivore (Everything)
 - ✓ Pescatarian
 - ✓ Vegan
 - ✓ Vegetarian
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Nutrition Information

Serving Size: 1 whole recipe

Calories: 652

Protein: 22 grams (½ a hand)

Fat: 31 grams (3 thumbs)

Low Carb: 30 grams (2 fists)

Moderate-High Carb: 46 grams (2 ½ cupped hands)



Registered Dietitian's Notes

The colorful vegetables in this bowl support fiber intake and diversity in the gut microbiome. Chickpeas are a great source of plant protein, which is an important consideration for vegans. Plant proteins support growth and repair functions in the body.

Ingredients

Salad:

- 10 stalks of skinny asparagus
- 1 cup gem lettuce, sliced
- ½ cup carrot ribbons
- ½ cup cucumber, sliced
- 2 radishes, sliced
- ½ cup canned chickpeas, strained
- 1 teaspoon olive oil
- Salt to taste
- ½ teaspoon turmeric
- ¼ cup avocado, sliced
- ½ teaspoon toasted sesame seeds, optional
- 1 tablespoon fresh cilantro (coriander), optional

Dressing:

- 1 tablespoon tahini
- 1 tablespoon lemon juice

- 1 tablespoon water
- 1 teaspoon fresh ginger, grated
- ½ teaspoon salt
- 1 tablespoon olive oil



Directions

1. Start by making the dressing: Combine the tahini, lemon juice, water, grated ginger, salt, and 1 tablespoon of olive oil in a small mixing bowl. Use a whisk to mix and emulsify the ingredients. If needed, add a little water to adjust the consistency.
2. Trim the ends off the asparagus and then blanch in boiling water for 1 minute and immediately refresh in iced water to cool.
3. Prepare the rest of the ingredients: Wash and slice the lettuce, peel the carrots and make ribbons using the peeler, and finely slice the cucumber and radishes. Place the blanched asparagus on some kitchen paper to absorb excess water.
4. Strain the brine from the chickpeas and dress them with 1 teaspoon olive oil, salt, and turmeric.
5. Plate all of the salad ingredients into a serving bowl as shown in the image or toss everything together. Slice and add the avocado last and then dress the salad with the tahini dressing. Garnish with toasted sesame seeds and cilantro (coriander) if you have some on hand.

Serving Suggestion

This dish is pretty well balanced as is. You could add chili flakes if you enjoy a bit of spice.