



From the Kitchen of Executive Chef Jessica VanRoo

Rainbow Lunch Bowl

Serves 4

219 calories per serving

Description

Who doesn't love a rainbow? Especially when it's a bowl of vibrant vegetables brimming with nutrients to keep us energized and focused in the afternoon hours.

The kale in this recipe is beneficial for brain function because it contains lots of vitamin K, folate and lutein, which have been shown to reduce cognitive decline. This well-known superfood is also chock-full of calcium.

One cup of chopped red cabbage packs 85% of the recommended daily vitamin C intake, the same amount found in a small orange.

Sweet bell peppers are a great source of lutein as well as zeaxanthin — carotenoids that may improve eye health when consumed in adequate amounts by protecting the retina — the light-sensitive inner wall of your eye — from oxidative damage. A number of studies indicate that eating foods rich in carotenoids may cut the risk of developing cataracts and macular degeneration.

This rainbow bowl is also loaded with protein from chickpeas or chicken, hardboiled egg and the Greek yogurt — a 7 oz. serving provides 20 grams of protein! Greek yogurt is rich in essential vitamins and minerals, including vitamin B-12 for red blood cell formation, enhanced nervous system function and energy production. It also contains selenium and zinc — important for optimal immune function and thyroid health.

Total cost: \$15.54/\$3.89 per serving

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- 2 cups cooked short-grain brown rice, warmed
- 2 cups finely shredded red cabbage
- 2 cups finely shredded kale
- 1 sweet bell pepper, sliced
- 1 cup shredded carrots or peeled carrot ribbons
- 1 (14 oz.) can chickpeas, drained; or ½ recipe of the salsa chicken (recipe below)
- 2 ripe avocados, halved, pitted and thinly sliced into long strips
- 2 hard-boiled eggs

Cilantro Yogurt Drizzle

- 1 cup Greek yogurt
- ½ cup cilantro (or mint, if you prefer)
- 2 medium garlic cloves, minced (about 2 teaspoons)
- 1 tablespoon fresh juice from 1 lemon
- 1 tablespoon avocado oil
- ½ teaspoon ground cumin
- Kosher salt and freshly ground black pepper to taste

Instructions

- Divide cooked rice into four bowls.
- Spread remaining ingredients evenly among rice bowls.
- Combine yogurt drizzle ingredients in blender or food processor, adding water as needed to thin to desired consistency.
- Drizzle over each bowl before packing or serving.