

Rainbow Veg Bowl

Serves: 4

Ingredients:

Rainbow Vegetable Components (4 cups of assorted roasted veggies.)

- Red Vegetable: Tomatoes, Peppers
- Orange Vegetable: Carrots, Peppers, Tomatoes, sweet potato
- Yellow Vegetable: Tomatoes, Peppers, Squash, Garlic, Cauliflower, Parsnips
- Green Veggies: Zucchini, Kale, Peppers, Broccoli, Spinach
- Purple Veggies: Purple Sweet Potato, Cabbage, Red Onion, Eggplant, Carrots

Bowl Components

- 1 tbsp plant based oil, olive or avocado
- 3 cups of cooked grains
- 4 cups of salad greens
- Plant based oil
- Dressing of your choice – Tahini or Peanut butter Dressing
 - (the recipe is on the thai chicken wrap recipe.)
- Protein options: Tofu, Chicken, Egg.

Directions:

1. Preheat oven to 425 degrees. Prepare Veggies that you would like to add to your bowl. I like to go through my fridge and pull out excess of items I don't have plans for, or things that will be going bad soon.
2. Lay out your veggies on the tray, drizzle with a little olive oil, salt and pepper. Place in the oven for approximately 15-20 minutes or until veggies are at desired texture.
3. While the veggies are roasting in the oven. Cook your grains.
4. When grain and veg are cooked through combine in veggie bowls and top with desired dressing.
5. These veggies would be great on a salad or in a veggie wrap as well. So many options for all of your colorful antioxidants!

<https://wexnermedical.osu.edu/nutrition-services>

