

# Recipes with a Cause

**A COLLECTION OF  
VEGAN SUMMER RECIPES  
BY FRIENDS OF NTR**

## **The Colorful Bowl**

**BY SACHI, THE COLORFUL COACH**

Hi, I'm Sachi aka The Colorful Coach! I'm a nutrition and health coach whose main passion is teaching you to add more color to your life. My health journey began when I got into fitness and became a personal trainer, then accelerated years later when I went vegan and discovered the power of whole plant foods to transform health.

This bowl is an all-time favorite of mine because it is versatile and satisfying. Feel free to use this recipe as a template and customize it with whatever vegetables you like most or are in season. Have some produce in your fridge that you don't know what to do with? Throw it in! The goal is to pack as much color, flavor, and texture into the bowl as possible.

Start with a base of grains, greens, and beans, and pile on from there! Add raw vegetables, nuts or seeds for an added crunch, and fresh or dried fruit for some sweetness. Then pour over the refreshing lemon-tahini dressing to bring it all together.

Xo,  
Sachi

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### Ingredients:

#### For the salad:

1 cup quinoa or brown rice, cooked  
1 bunch of lettuce, chopped  
1 cup spiced chickpeas  
1 bell pepper, chopped  
10-15 cherry tomatoes, halved  
½ cup carrot shreds  
2-3 radishes, sliced  
1 avocado, cubed  
2 tbsp dried cranberries  
fresh herbs

#### For the dressing:

1/4 cup tahini  
1/4 cup water (more or less to reach  
desired thickness)  
juice from 1 lemon  
1 clove garlic, minced (optional)  
salt & pepper to taste



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### Instructions:

In a small bowl or blender, mix tahini–lemon dressing ingredients together until well–combined.

Start with a small amount of water, then add more to reach desired consistency.

Next, assemble the salad in a large bowl, starting with the greens and grains, followed by the remaining ingredients.

Drizzle a generous amount of tahini dressing onto the assembled salad and mix until well–incorporated.

Garnish with fresh herbs of your choice. Enjoy!

### Additional info (serving size, notes, etc):

- This recipe makes two large servings.
- Use raw greens, steamed greens, or a mix of both!
- Prep grains and cooked vegetables beforehand for a cold salad, or serve just after cooking for a warm salad.
- This bowl goes well with roasted root vegetables such as parsnips, carrots, and sweet potatoes in fall and winter, or grilled vegetables such as corn, onions, bell peppers, and asparagus in spring and summer.

