

Veggie Delight Lunch Bowl - Recipe

Brad Paul - Guru Habits.com

Ingredients (1 serving.)

- 1 1/2 cups of diced or chopped white cabbage. (Cabbage is better for you than lettuce and it lasts longer and stays crunchy.)
- 1/3 cup of diced or chopped broccoli. (Broccoli is one of the most health benefiting vegetables of all. Many nutrition experts place it at the top of their list.)
- 1/4 cup of diced or chopped carrots.
- 1/4 cup of diced or chopped celery.
- 1-2 tablespoons of diced or chopped onion.
- 1 1/4 tablespoons extra virgin olive oil.
- 1 1/4 tablespoons balsamic vinegar. (I use white balsamic vinegar. It's slightly milder and it doesn't stain your teeth. Available at Trader Joe's.)
- 1 teaspoon unsalted peanuts. (Higher amount used because they add heartiness and richness, and they are inexpensive.)
- 1 teaspoon unsalted sunflower seeds. (Higher amount used because they are tiny and inexpensive.)
- 1/2 teaspoon unsalted chopped walnuts.
- 1/2 teaspoon unsalted slivered almonds.
- 1/2 teaspoon unsalted pumpkin seeds.
- 1/8 teaspoon powdered red pepper (cayenne).
- 1/2 - 3/4 cup of diced extra firm tofu and drained beans. (The healthiest and most fitting for this recipe are pinto beans, kidney beans, black beans, or garbanzo beans (chick peas).
- 1/2 diced small (Hass) avocado.
- 5-7 (based on size) cherry or grape tomatoes.

Equipment

- Large (deep, 6-8" diameter) salad bowl.
- Medium size microwave-safe cooking bowl with cover.
- Heat protection pads or gloves.
- Cutting board.
- Multi-purpose kitchen knife.

Preparation

- Add 1 1/2 cups of diced or chopped white cabbage to a large (6"-8" diameter) salad bowl.
- Add 1/3 cup of diced or chopped broccoli.
- Add 1/4 cup of diced or chopped carrots.
- Add 1/4 cup of diced or chopped celery.
- Add 1-2 tablespoons of diced or chopped onion.
- Add 1 1/4 tablespoons extra virgin olive oil.
- Mix olive oil with other ingredients thoroughly.

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- Add 1 1/4 tablespoons balsamic vinegar.
- Mix vinegar with other ingredients thoroughly.
- Add 1 teaspoon unsalted peanuts.
- Add 1 teaspoon unsalted sunflower seeds.
- Add 1/2 teaspoon each of unsalted chopped walnuts, slivered almonds, and pumpkin seeds.
- Add 1/8 teaspoon powdered red pepper (cayenne).
- Mix seasoning with other ingredients thoroughly.
- Place 1/2 - 3/4 cup of a 60/40 mixture of diced extra firm tofu and drained beans in a medium size microwave-safe bowl, sprinkle on some seasoning if you want (chili powder work well), cover, and microwave on high for 1 – 1 1/2 minutes. Drain afterwards if needed. Notes: (1) Cooking to warm is optional. (2) Adding seasoning is optional.
- Add warm tofu and bean preparation.
- Mix in tofu and beans.
- Add 1/2 diced small avocado.
- Add 5-7 (based on size) cherry or grape tomatoes.

Details

You don't have to measure each ingredient exactly or include every item. If there are ingredients that you like or don't like, increase, reduce, or eliminate them. However, I encourage you to "not" remove ingredients simply because you've never eaten this particular combination of foods before. Be bold! Try it!

I usually make about 5-7 servings at one time and place it in a large storage container. I put everything in the container "except" the spices, olive oil, vinegar, tofu, and beans. I add these ingredients as I make each individual serving.

When I prepare this multiple day supply, the largest quantity ingredient is the white cabbage. Then I just estimate the quantity amounts for the remaining ingredients. Overtime I've gotten pretty good at filling up the container with just the right amounts of each ingredient.

To your health and fitness,

Brad Paul