

BC GREENHOUSE VEGGIE BOWL



INGREDIENTS

For Bowl:

2	Bell Peppers (assorted colours)
2	Tomatoes (assorted varieties)
3	English Cucumber, slices
1	Red Onion
1 cup	Mixed Greens or Lettuce
1/2 cup	Red Cabbage, thinly sliced
1	Carrot, grated
1 cup	Quinoa, cooked and chilled
1 tbsp	Pumpkin Seeds
1/4 cup	Crunchy Curried Chickpeas
2 tbsp	Olive Oil
2 tbsp	Tahini Dressing

For Dressing:

1/2 cup	Tahini
1 tbsp	Sriracha Hot Sauce
2 tbsp	Maple Syrup
1/2	Fresh Lemon, juice
to taste	Salt & pepper

DIRECTIONS

1. Layer salad ingredients in a large salad bowl. Wisk tahini dressing ingredients together and ladle over salad right before you are ready to serve it.