



## FULL MEAL BOWL

SUBMITTED BY: DORINDA TROUTMAN

### Ingredients:

Shop at your farmers market

Two eggs, poached or boiled to desired doneness (I like runny yolks)

Three varieties of lettuce (I use butter, romaine and spicy greens), torn into pieces and washed

Whatever fruit is at peak ripeness (raspberries, strawberries, huckleberries, melon, apples, peaches, etc)

Carrot and summer squash, grated

Cucumber, red onion, garlic, sliced thin and marinated in rice vinegar, honey and tamari

String beans, barely cooked or snap peas, raw

Sprouts/micro greens

Sheep or goat cheese, any variety, sliced or crumbled

Any other vegies that are a peak ripeness (tomatoes, peppers), cut into small pieces

From your pantry:

Can of garbonzo beans

Nuts, seeds, dried fruit in small pieces

Salad dressing

**Instructions:**

In a pasta-sized bowl for each person:

Layer lettuce on bottom with all of the above, in proportions to suit each person.

Sprinkle with fresh/dried fruit and nuts/seeds. Top with dressing.