

Vegan Bowls for When “There Is Nothing In The House For Lunch”

You know how it is, you go to the fridge and there is “nothing healthy (or good) for lunch”? I have developed a couple of strategies to ensure that there is always a delicious and healthy option that I can pull together in a pinch. First, I always have farro, quinoa, kamut, brown rice or some grain precooked in a Tupperware in the fridge as well as some type of bean. I keep canned on hand although a batch of dried legumes cooked keeps much longer in the fridge, and they taste better! Another staple is pesto, either frozen in tiny cubes from summer or bought in the store, I like Trader Joe’s vegan pesto as a dip, spread or to use in recipes. With those items on hand, you can build a bowl from almost anything.



The one I made today for lunch included the following:

Mixed some cooked farro with some pesto and heated in microwave. Meanwhile, had half a pepper, handful of baby spinach, some already cooked spaghetti squash and some cabbage which I sauteed in a little olive oil (you could steam with broth). I topped the warmed farro with a handful of chickpeas, the cooked veggies, then some sliced tomatoes, radishes and cucumber went on top of that. A drizzle of olive oil and salt and pepper. Took maybe 5-8 minutes to pull together and was delicious.

You could get creative adding in pickled items like kimchee, as well as seeds and nuts. There are many premade condiments and sauces that you can keep in the fridge to mix with the grain as an alternative to the pesto. Enjoy!