

Rainbow Grain Bowl with Cashew Tahini Sauce

Ingredients:

1. $\frac{3}{4}$ cup cashews
2. $\frac{1}{2}$ cup water
3. $\frac{1}{4}$ cup packed parsley leaves
4. 1 tablespoon lemon juice or cider vinegar
5. 1 tablespoon extra-virgin olive oil
6. $\frac{1}{2}$ teaspoon reduced-sodium tamari or soy sauce
7. $\frac{1}{4}$ teaspoon salt
8. $\frac{1}{2}$ cup cooked lentils
9. $\frac{1}{2}$ cup cooked quinoa
10. $\frac{1}{2}$ cup shredded red cabbage
11. $\frac{1}{4}$ cup grated raw beet
12. $\frac{1}{4}$ cup chopped bell pepper
13. $\frac{1}{4}$ cup grated carrot
14. $\frac{1}{4}$ cup sliced cucumber

Directions:

1. Blend cashews, water, parsley, lemon juice (or vinegar), oil, tamari (or soy sauce) and salt in a blender until smooth.
2. Place lentils and quinoa in the center of a shallow serving bowl. Top with cabbage, beet, pepper, carrot and cucumber. Spoon 2 tablespoons of the cashew sauce over the top.