

Easy Rainbow Veggie Bowl with Avocado & Eggs

? Why I Love This Recipe



TIME
15 min

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INGREDIENTS

- ? 1 cup cherry tomatoes, halved
- ? 1 avocado, sliced
- ? 2 hard-boiled eggs, sliced
- ? ... cup red onion, diced
- ? % cup corn kernels
- ? Fresh cilantro, chopped
- ? Paprika, for sprinkling
- ? Crumbled feta cheese (optional)
- ? Fresh mixed greens (optional)

? Instructions:

Halve the cherry tomatoes.

Slice the avocado and hard-boiled eggs.

Dice the red onion.

If using canned corn, rinse and drain it.

Start with a base of mixed greens, if using.

Arrange the veggies and eggs in color-blocked sections: tomatoes, avocado, eggs, red onion, and corn for maximum visual impact.

Sprinkle chopped cilantro over the bowl.

Dust lightly with paprika.

Add crumbled feta for extra creaminess and flavor (optional).

? Swaps & Add-Ons:

No Eggs? Try grilled tofu, chickpeas, or edamame for a plant-based version.

No Avocado? Hummus dollops or guacamole work too.

Grains: Add quinoa, farro, or brown rice for extra fiber and heartiness.

Dressings: A drizzle of lemon juice, balsamic glaze, or olive oil is plenty if you want one.

? Tips for Success:

Use ripe avocado: Soft but not mushy avocados make all the difference.

Boil eggs ahead: Perfect for prepping lunches for the week.

Chill your components: Serve cold for the most refreshing experience, especially in warm months.

? Serving Suggestions & Pairings:

A Light, Tangy Chicken Salad - perfect protein-packed side

Blueberry Lemonade - the ultimate vibrant drink pairing

Toasted pita or sourdough bread

Greek yogurt with a drizzle of honey for dessert

? Storage & Meal Prep:

Fridge: Store each ingredient separately in airtight containers for 3-4 days.

DIRECTIONS

1. 1 Prep Your Ingredients:
2. Halve the cherry tomatoes.
3. Slice the avocado and hard-boiled eggs.
4. Dice the red onion.
5. If using canned corn, rinse and drain it.
6. 2 Build the Bowl:
7. Start with a base of mixed greens, if using.
8. Arrange the veggies and eggs in color-blocked sections: tomatoes, avocado, eggs, red onion, and corn for maximum visual impact.
9. 3 Garnish:
10. Sprinkle chopped cilantro over the bowl.
11. Dust lightly with paprika.
12. Add crumbled feta for extra creaminess and flavor (optional).
13. ? Swaps & Add-Ons: No Eggs? Try grilled tofu, chickpeas, or edamame for a plant-based version.
14. No Avocado? Hummus dollops or guacamole work too.
15. Grains: Add quinoa, farro, or brown rice for extra fiber and heartiness.
16. Dressings: A drizzle of lemon juice, balsamic glaze, or olive oil is plenty if you want one.
17. ? Tips for Success: Use ripe avocado: Soft but not mushy avocados make all the difference.
18. Boil eggs ahead: Perfect for prepping lunches for the week.
19. Chill your components: Serve cold for the most refreshing experience, especially in warm months.
20. ? Serving Suggestions & Pairings: This light meal shines on its own but pairs beautifully with:
21. A Light, : Tangy Chicken Salad - perfect

protein-packed side

22. Blueberry : Lemonade - the ultimate vibrant drink pairing
23. Toasted pita or sourdough bread
24. Greek yogurt with a drizzle of honey for dessert
25. ? Storage & Meal Prep: Fridge: Store each ingredient separately in airtight containers for 3-4 days.

TIPS FOR SUCCESS

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