



Thus is one of my favorite meals. Layers of healthy food come together to make something really enjoyable.

Honor Bowl

[Tandoori Chicken](#) (see recipe)

[Turkish Salad](#) (see recipe)

[Garlic Spread](#) (see recipe)

Fermented Vegetables (kimchi, beets, pickles, sauerkraut, green tomatoes, etc.)

Harissa

Layer the ingredients in a bowl with condiments of feta cheese, sunflower seeds and red pepper chutney on the side. Enjoy with hot cauliflower rice or zucchini noodles.