



# Create a Grain Bowl

Create a satisfying grain bowl. Let your family express themselves! Individual grain bowls are a great way to use leftovers, allow for personal tastes, and enjoy whole grains.

- 1 Prepare a base (3/4 cup cooked per serving)**
  - Prepare a grain; cook according to package directions or use leftovers from a previous meal. Add extra flavor by cooking in low-sodium chicken or vegetable broth.
    - Quinoa, brown rice, white rice, barley, oats, wild rice blend, whole grain pasta in a variety of shapes or vegetable-based pasta
- 2 Select a variety of fruits or vegetables (1-2 cups vegetables or fruit)**
  - Vegetables (raw, roasted, steamed, or sautéed)
    - Avocados, carrots, zucchini, broccoli, winter squash, sweet potatoes, green beans, radishes, asparagus, peppers, mushrooms, broccoli, cauliflower, snap peas, green onions, celery, cherry tomatoes, spinach, beets, cucumbers, corn, tomatoes, jicama, cabbage, leafy greens (kale, arugula, spring mix lettuce)
  - Fruits (fresh, canned, frozen)
    - Mandarin oranges, mangoes, pineapple, berries, apples, grapes, nectarines, peaches, bananas, raisins, fruit in season (on sale), pomegranate arils
- 3 Choose a protein (1/3 cup cooked or 2-3 tablespoons; if using meat, cut in bite size pieces)**
  - Egg (over easy, sunny side up, or scrambled)
  - Legumes
    - Garbanzo beans, black beans, small red beans, pinto beans, white beans
  - Lentils
  - Meat protein sautéed or left over from another meal, prepared with salt and pepper or marinated ahead of time for flavor
    - Chicken, beef, pork, turkey, fish, shrimp
- 4 Select a sauce or dressing (about 2 tablespoons per bowl)**
  - Teriyaki, red chili sauce, marinara, salsa, salad dressings, soy sauce, seasoned rice vinegar, BBQ sauce, pesto, olive oil, lemon or lime juice
  - Make your own dressing
- 5 Choose one or more toppings (1-2 tablespoons)**
  - Cilantro, sesame seeds, tortilla strips, nuts, avocados, green onions, grated cheese, dried fruit, raisins, cranberries, parmesan cheese, bacon crumbles, feta cheese, croutons, crispy rice noodles, roasted chickpeas, fresh diced tomatoes, olives

## Directions

In a bowl, add a base layer of the prepared grain. On top of the grain, place the vegetables or fruit, covering  $\frac{3}{4}$  of the bowl, saving room for the protein. If using meat, cut into bite-sized pieces. Add prepared protein to the bowl. Drizzle with chosen sauce or dressing, and garnish with a topping. Enjoy!

**You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. For instance, use these herbs and spices to get these flavors:**

**Mexican**-use cumin, oregano, chili powder, cilantro, and garlic

**Asian**-use soy sauce, ginger, garlic, chiles, and turmeric

**Italian**-use basil, oregano, parsley, and garlic

**Savory/Thanksgiving**-use rosemary, sage, thyme, and parsley

# Grain Bowl Recipes

A pantry that is stocked with whole foods will help you create great tasting grain bowls like these!

## Breakfast Bowl

- ¾ cup preferred grain, cooked
- 1 cup low-fat milk (or milk alternative such as soy, almond, rice, or coconut milk)
- 1 teaspoon brown sugar
- ½ teaspoon cinnamon or ½ teaspoon vanilla

Heat through or serve cold.

Add fresh or dried fruit and nuts. Suggestions: diced apples, orange segments, bananas, fresh strawberries, golden raisins, dried cranberries, slivered almonds, chopped pecans.

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## Latin influence

Try a combination of these toppings on your favorite whole grain base: corn kernels, black beans, diced tomatoes, diced avocado, cilantro, salsa, or pico de gallo.

### LATIN CREAMY DRESSING

- ½ cup light sour cream or plain Greek yogurt
- 1 tablespoon chipotle paste (can substitute with ½ teaspoon of chili powder and ½ teaspoon of cumin)
- 1 clove garlic, pressed or finely chopped
- Juice of ½ lime or 1 tablespoon of bottled lime juice
- ½ teaspoon of granulated sugar (optional to help with the tartness of the lime and sour cream)
- Pinch of salt to taste
- 1-2 tablespoons of milk to thin out to preferred consistency

Mix in a small bowl until smooth. Drizzle over the grain bowl.

## Mediterranean influence

Try a combination of these on your favorite whole grain base: tomatoes, cucumbers, feta cheese, beets, garbanzo beans (can marinate in dressing), kalamata olives or marinated artichokes, fresh lemon wedges, greens like spring mix or arugula.

### GREEK DRESSING

- 1 tablespoon lemon juice
- 3 tablespoons red wine vinegar
- ½ cup extra virgin olive oil
- 1 tablespoon dried oregano
- ¾ teaspoon salt
- ½ teaspoon pepper
- ¼ teaspoon garlic powder or 1 clove of fresh garlic, minced

Add all ingredient to a jar with a lid and give it a good shake. Store leftovers in refrigerator.

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## Asian influence

Try any combination of the following before dressing with peanut sauce: whole wheat spaghetti, marinated teriyaki chicken, shredded purple cabbage, bean sprouts, julienne carrots, cilantro, chopped roasted peanuts.

### PEANUT SAUCE

- 3 tablespoons creamy peanut butter
- 1 tablespoon lime juice
- 1 tablespoon reduced sodium soy sauce
- 2 teaspoons brown sugar
- 2-3 tablespoons water or chicken broth
- Red pepper flakes for spice (optional)

Warm ingredients in microwave or on a stove top. Whisk together peanut butter, lime juice, soy sauce, brown sugar, red pepper flakes (optional), and 2-3 tablespoons water or chicken broth in a small bowl; set aside until ready to dress your grain bowl.

