Create a Grain Bowl

# Create a filling grain bowl. Let your family express their interests! Grain bowls are a great way to use leftovers. It is also a good way to enjoy whole grains.

## Step 1: Prepare a base:

Prepare a grain. Cook according to package directions. You can also use leftovers from a previous meal. Add extra flavor by cooking in low-sodium broth. Use the following list for ideas:

1. Quinoa
2. Brown rice
3. White rice
4. Barley
5. Oats
6. Wild rice blend
7. Whole grain pasta in a variety of shapes
8. Vegetable based pasta

## Step 2: Choose a mix of fruits or vegetables from the following list. Have a total of 1-2 cups of vegetables or fruits:

1. Vegetables that are raw, roasted, steamed, and sautéed such as
   * 1. Avocados
     2. Carrots
     3. Zucchini
     4. Broccoli
     5. Winter squash
     6. Sweet potatoes
     7. Green bean
     8. Radishes
     9. Asparagus
     10. Peppers
     11. Mushrooms
     12. Cauliflower
     13. Snap peas
     14. Green onions
     15. Celery
     16. Cherry tomatoes
     17. Spinach
     18. Beets
     19. Cucumbers
     20. Corn
     21. Tomatoes
     22. Jicama
     23. Cabbage
     24. Leafy greens
2. Fruits that are fresh, canned, or frozen
   * 1. Mangos
     2. Mandarin oranges
     3. Pineapple
     4. Berries
     5. Apples
     6. Grapes
     7. Nectarines
     8. Peaches
     9. Bananas
     10. Raisins
     11. Fruit in season (on sale)
     12. Pomegranate arils

## Step 3: Choose a protein from the following list to make 1/3 cup cooked. If you use meat, have 2-3 tablespoons cut up:

1. Egg (over easy, sunny side up, or scrambled).
2. Legumes such as garbanzo beans, black beans, small red beans, pinto beans, or white beans.
3. Lentils.
4. Meat protein cooked or left over from another meal. Prepared with salt and pepper. You can also marinate ahead of time for flavor. This could include chicken, beef, pork, turkey, fish or shrimp.

## Step 4: Select a sauce or dressing from the list below to make about 2 tablespoons per serving:

1. Teriyaki
2. Red chili sauce
3. Marinara
4. Salsa
5. Salad dressings
6. Soy sauce
7. Seasoned rice vinegar
8. BBQ sauce
9. Pesto
10. Olive oil
11. Lemon or lime juice
12. Make your own dressing

## Step 5: Choose one or more toppings from the following list. Make 1-2 tablespoons:

1. Cilantro
2. Sesame seeds
3. Tortilla strips
4. Nuts
5. Avocados
6. Green onions
7. Grated cheese
8. Dried fruit
9. Raisins
10. Cranberries
11. Parmesan cheese
12. Bacon crumbles
13. Feta cheese
14. Croutons
15. Crispy rice noodles
16. Roasted chickpeas
17. Fresh diced tomatoes
18. Olives

## Step 6: Make the grain bowl using the following directions:

1. In a bowl, add a base layer of the prepared grain.
2. On top of the grain, place the vegetables or fruit. Only on ¾ of the bowl, saving room for the protein.
3. Add the protein to the bowl.
4. Drizzle with the chosen sauce or dressing. Add on toppings. Enjoy!

## Changing the taste

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

* Mexican using cumin, oregano, chili powder, cilantro and garlic.
* Italian using basil, oregano, parsley, and garlic.
* Asian using soy sauce, ginger, garlic, chilies, and turmeric.
* Savory/Thanksgiving using 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 other milk like soy, almond, rice, or coconut milk
* 1 teaspoon brown sugar
* ½ teaspoon cinnamon or ½ teaspoon vanilla

Directions:

1. Heat through or serve cold.
2. Add fresh or dried fruit and nuts. Ideas include diced apples, orange segments, bananas, fresh strawberries, golden raisins, dried cranberries, slivered almonds, or chopped pecans.

Latin Influence: Try a mix of these toppings on your favorite 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 replace with ½ teaspoon 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 sugar (optional to make it sweeter)
* Pinch of salt to taste
* 1-2 tablespoons of milk to thin out to how thin you like it.

Directions:

1. Mix in a small bowl until smooth. Add to your grain bowl as you like.

Mediterranean Influence: Try a mix of these on your favorite whole grain base. Tomatoes, cucumbers, feta cheese, beets, garbanzo beans, kalamata olives, or 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

Directions:

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

Asian Influence: Try a mix of the following before using peanut sauce. Whole wheat spaghetti, marinated teriyaki chicken, shredded purple cabbage, bean sprouts, julienne carrots, cilantro, chopped roasted peanuts.

Peanut Sauce

1. 3 tablespoons creamy peanut butter
2. 1 tablespoon lime juice
3. 1 tablespoon reduced sodium soy sauce
4. 2 teaspoons brown sugar
5. 2-3 tablespoons water or chicken broth
6. Red pepper flakes for spice (optional)

Directions:

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

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