

Build Your Own Bowl

Make it delicious: Think about COLOR + TEXTURE + FLAVOR

Add colorful vegetables + combine crunchy + soft + balance savory, sweet, salty, sour, and spicy.

Choose a Grain

- Rice (any kind)
- Quinoa
- Farro
- Couscous
- Bulgur
- Wheat berries
- Polenta
- Pasta

Add a Protein

- Chicken
- Pork
- Beef
- Meatballs
- Beans
- Eggs
- Fish/Shrimp
- Tofu

Pile on Vegetables

- Carrots
- Peppers
- Onions
- Asparagus
- Broccoli
- Corn
- Cucumber
- Zucchini
- Cabbage
- Tomato
- Avocado
- Arugula

Add a Sauce

- Salsa/Pico
- Salad Dressings
- Teriyaki sauce
- Curry Sauce
- Tzatziki Sauce
- Pesto
- Chimichurri
- Sour cream (flavored)
- Harissa

Finish with Toppings

- Feta
- Blue Cheese
- Shredded parm
- Cubes of mozzarella or little balls
- Nuts and seeds
- Basil
- Cilantro
- Tortilla Strips
- Croutons

Quick Tip: Cook once. Mix and match all week! Prepare a grain, protein, and several vegetables, then change the sauce and toppings to create different meals.

The Art of Arranging

The beauty of a bowl doesn't just lie in the flavors - with so many vibrantly hued ingredients, bowls can look as appetizing as they taste. It's easy enough to toss all of the ingredients together, but we wanted to re-create the gorgeous photo-ready bowls that have made this trend so popular. Surprisingly, we found that a few simple arrangements could take a bowl from boring to beautiful in seconds.

MAKE PILES

Section off your bowl toppings into small piles to highlight their colors and textures. Clumping the components together shows off each different element in your bowl.

GARNISH WITH HERBS

Herb leaves can be chopped or torn and sprinkled on top to add an extra pop of color along with fresh flavor. Whole leaves also make for a beautiful presentation that shows off the natural beauty of the herbs.

SHAPE PERFECT RICE

Artfully arrange your rice into a perfect circle by pressing it into a measuring cup, then flipping it upside down into your bowl. You can present other components around or on top of the rice circle.

ADD TEXTURE

Add toppings with a variety of textures to make your bowl more interesting. Sprinkle a crunchy element on top for quick contrast, and try out components of different shapes and sizes in the same bowl to add some extra visual appeal.

LINE THINGS UP

Arrange components in neat rows along your bowl to create a striped effect. Try this technique with fruits and vegetables, that are circular or semicircles, or use straight or matchstick-style vegetables for a completely different effect.

ADD COLOR

Fresh fruit and vegetables like pomegranate, tomatoes, oranges, or avocado can add a whole rainbow of colors to your bowl, making it as visually pleasing as it is appetizing. Try out different colors of common vegetables.

DRIZZLE SAUCE

Use sauce as a final flourish. Try a zigzag motion to make striking lines, drizzle in a circular pattern to make a sauce spiral, or drop the sauce in polka dots. The more colorful, the better, to add extra contrast to the finished bowl.

FAN OUT SLICES

Sliced fruits and vegetables like mango, apple, avocado or pear look beautiful arranged in a fan like shape. Hold one end of the slices together and then fan the slices outward.

Taken from America's Test Kitchen book "Bowls"



Harvest Bowls

Yield: 4 servings Time: 1 hour

INGREDIENTS

Balsamic Vinaigrette:

- 3 Tablespoons balsamic vinegar
- 1 Tablespoon Dijon mustard
- 1 Tablespoon honey
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- ¼ cup olive oil

Bowls

- ¾ cup quinoa
- 3 ¾ teaspoon kosher salt, divided
- ¾ teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ teaspoon paprika
- 1 pork tenderloin
- 3 Tablespoons olive oil, divided
- 1 lb. sweet potatoes, about 2 medium, peeled and diced about 1/2" cubes
- 1 bunch kale, washed, stemmed, sliced into thin ribbons
- 1 large apple, diced
- 4 oz. feta cheese, crumbled
- almonds, chopped

DIRECTIONS

1. Cook Quinoa according to package directions.
2. Arrange racks in upper and lower thirds of oven; preheat to 425 degrees. Spray 2 sheet pans with vegetable cooking spray.
3. In small bowl, combine onion powder, garlic powder, paprika and 2 teaspoons salt
4. Mix 1 Tablespoon oil with 1 ½ teaspoons seasoning mix and rub onto the pork tenderloin. Place pork on prepared sheet pan.
5. Toss remaining 2 Tablespoons olive oil and the remainder of the seasoning with the sweet potato cubes until evenly covered and place on prepared sheet pan in a single layer.
6. Roast the pork tenderloin for 20-25 minutes or until temperature reaches 145 degrees F. Remove the pork from the oven and let rest while the sweet potatoes continue to cook.
7. Cook the sweet potatoes until they are fork tender and lightly browned.
8. Slice the pork.
9. Assemble the bowls by placing kale in the bottom of the bowl.
10. Add the quinoa, pork slices, sweet potatoes, apple, feta and almonds in a pleasing arrangement.
11. Serve immediately.

Wasatch County Cooking Class, October 2026

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Chili-Garlic Broth Bowls

Yield: 4 servings Time: 1 hour

INGREDIENTS

- 4 medium-sized boneless skinless chicken thighs
- 3 tablespoons olive oil divided
- 1 teaspoon light brown sugar divided
- 1 tsp fine salt
- 3/4 tsp pepper
- 2-1/2 teaspoons chili powder
- 1 teaspoon curry powder
- 1 teaspoon ground cumin
- 1-1/4 teaspoon garlic powder
- 1 teaspoon paprika
- 1 cup basmati rice, uncooked
- 1-1/2 tablespoons minced garlic very finely minced
- 1/2 teaspoon garlic powder
- 1 teaspoon curry powder
- 1 cup chicken stock
- 1 can (13.66 oz) full-fat coconut milk
- 2 tablespoons soy sauce
- 1 large lime divided
- 1/4 cup finely chopped cilantro
- Black sesame seeds
- Broccoli or any other vegetable

DIRECTIONS

1. Preheat oven to 425°F. Line a rimmed sheet pan with foil. Pat chicken thighs completely dry with paper towels.
2. In a small bowl, whisk together chili powder, curry powder, cumin, garlic powder and paprika. Measure out 3-1/4 teaspoons of the seasoning blend and add it to a large bowl with 2 tablespoons olive oil, 1 teaspoon salt, 3/4 teaspoon pepper, and 1/2 teaspoon brown sugar. Whisk until smooth. Add the chicken thighs and toss until evenly coated. Set aside the remaining seasoning blend for the broth.
3. Arrange chicken thighs flat on the prepared sheet pan, smooth side up, spaced out well. Bake in the center of the oven for 15 minutes. Switch oven to high broil and cook for 7-10 minutes, or until the tops are nicely blackened and caramelized. Transfer the chicken to a cutting board and loosely tent with foil. Let rest for 5-10 minutes before slicing or chopping. Use a spatula to scrape all the chicken juices from pan and save to add to the broth later!
4. Prepare a pan sprayed with vegetable spray. Then, toss broccoli with olive oil and salt, pepper and garlic powder. Place in the oven with the chicken thighs and bake for 10-12 min.
5. Meanwhile, fill a large pot with water and bring to a boil. Once boiling, generously salt the water and add the rice. Boil for about 10 minutes, then taste the rice to make sure it is tender. Drain well and return the rice to the dry pot. Cover and let steam until ready to serve.
6. Heat the remaining 1 tablespoon olive oil in a large skillet over medium-low heat. Add the reserved seasoning blend, minced garlic, an additional 1/2 teaspoon garlic powder and 1 teaspoon yellow curry powder, the remaining 1/2 teaspoon brown sugar, and reserved pan juices. Cook, stirring constantly, until very fragrant. Reduce the heat or add a tiny splash of water if the spices begin to darken or stick.
7. Gradually whisk in the chicken stock, followed by the coconut milk. Bring to a gentle simmer.
8. Stir in the soy sauce and 1-2 tablespoons fresh lime juice, adding the lime juice to taste. Stir in the cilantro, if using. Taste and adjust seasonings as needed. Keep warm until ready to serve.
9. Divide the rice among 4 bowls. Add the sliced or chopped chicken alongside the rice. Ladle the hot broth around the rice and chicken. Sprinkle generously with black sesame seeds and cilantro.

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Apple Nachos

INGREDIENTS

- Apples, granny smith is a good choice or any favorite, sliced or diced
- natural peanut butter
- nuts, chopped, any kind
- mini chocolate chips
- coconut
- lemon juice, to prevent browning

DIRECTIONS

1. Cut apples into slices and toss with lemon juice.
2. Arrange apples in a bowl or on a plate.
3. Drizzle with peanut butter.
4. Sprinkle with chopped nuts, mini chocolate chips and coconut.

*Use any type of topping that you desire. Other options include - Caramel, granola, melted chocolate, cinnamon etc.

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