

# How to Build a Grain Bowl



**Prep:** 20 minutes

**Cook:** 30 minutes

**Yield:** 4 servings

## INSTRUCTIONS

See Grain Bowl Flow Chart for ingredients.

1. Cook grains according to directions found on packaging.
2. While grain are cooking, prep all vegetables and fruits by washing and then cutting, dicing, peeling etc. as desired. If using canned or frozen fruits or vegetables, thaw/drain all excess liquid. If cooking proteins, sautee/grill/thaw as desired and set aside.
3. Prepare sauce in a separate, small bowl.

**Simple Vinaigrette:** Combine 3 tbsp oil with 3 tbsp vinegar. Add salt, pepper to taste and mix. Additional items like citrus juice, mustard, herbs or yogurt can also be a tasty addition.

**Other Sauce Possibilities:** Hot sauce, soy sauce, salad dressing, oil and vinegar or salsa.

4. In a medium bowl, add grains, chopped choice vegetables, fruits, greens, and proteins. Drizzle sauce on top and enjoy!



## OPTIONAL

Add optional toppings such as cheese, nuts or seeds (peanuts, almonds, pine nuts, sunflower seeds), pickled peppers, root vegetables, onions, or chopped herbs.

## CHEFS NOTES - EXTRA INGREDIENTS?

Make a grain bowl and then add broth to all ingredients and let simmer for 30 minutes to soften vegetables for a simple and easy soup.



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Grain bowls can be an easy and healthy lunch, dinner, side dish, or snack - packed with fresh vegetables, proteins, toppings and sauce of your choosing.

This flowchart can help you build a grain bowl or grain based salad with what you may have on hand. This flowchart will help you create 2 servings. Modify the volume of each category to make less or more. See opposite side for directions.

## Base Grain

2 cups cooked grains

- Rice (brown, white, Cal-rose etc.)
- Quinoa
- Pasta (whole wheat or regular)
- Oats
- Millet



## Vegetables & Fruits

Pick several, 1 to 2 cups

- Beets, carrots (roasted or shredded)
- Cucumber (sliced or chopped)
- Tomatoes (sliced or chopped)
- Corn or peas (fresh or cooked)
- Summer squash or zucchini (raw or sautéed)
- Apples (sliced)
- Berries (whole)

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## Greens

1 cup

Add any greens like kale, lettuce, turnip greens, spinach, chard or arugula to the bowl, raw or cooked.



## Protein

1/2 cup (cooked or canned)

- Ground beef, chicken, turkey, or tuna
- Beans (white, kidney, garbanzo etc.)
- Lentils
- Peas
- Eggs (any style)



## Sauce

1/3 cup

Add soy sauce, salad dressing, oil and vinegar, or salsa