

How to build a summer grain bowl

Number of Servings: 1

Ingredients

STEP 1: Choose Your Grain

(Select one or a mix—½ cup total cooked)

Basmati Rice*, Amaranth*, Farro, Kamut, Millet*, Quinoa*, Sorghum*,
Buckwheat*, Spelt or Teff*

*Gluten Free Grain/or/Seed

STEP 2: Go Green

(Select one or a mix—1-3 cup total)

Arugula Chard (chopped, fresh or sautéed) Kale (chopped, fresh or sautéed)

Microgreens Mixed spring greens or Spinach

STEP 3: Pick a Protein

(3 oz. cooked meat or ½ cup plant-based protein)

Chicken Breast Grilled shrimp Roasted salmon Steak Eggs (Soft- or hard-boiled,
poached) Black beans or garbanzo beans Lentils Tofu or tempeh

STEP 4: Pile on Some Produce

(Pick 3–4, ¼ cup each)

Avocado Beets Broccoli Carrots Green beans Mushrooms Peas Radishes Sweet
potato Tomatoes

STEP 5: Finishing Touches

(As desired)

Cheese (cheddar, feta, mozzarella, parmesan)

Dressing/sauce (oil and vinegar, ranch, miso, hummus, pesto, peanut, teriyaki, salsa)

Fresh herbs (basil, chives, cilantro, dill, mint, parsley, tarragon)

Nuts (chopped walnuts, cashew halves, pine nuts, sliced almonds)

Sauerkraut (or other fermented or pickled veggies like kimchi or ginger)

Seeds (chia, flaxseeds, hemp, poppy, pumpkin, sesame, sunflower)

Sprouts (alfalfa, bean, broccoli, radish, sunflower)

Instructions