

WHOLESOME WHOLE-GRAIN BOWL RECIPE

Culinary Intro:	Here, cooked whole grains make a wonderful foundation for a one-dish meal. It would make a beautiful presentation if prepared in a clear bowl, showing the many colorful layers from ingredients.
Nutrition Intro:	Enjoy this balanced bowl at any meal. This recipe can be tweaked based to meet your food preferences.

Prep Time: 30-45 minutes

Ingredients for 4 servings:

Each serving = about 1 ½ cups

- 3 cups cooked whole grains such as:
quinoa
brown rice
bulgur
whole wheat pasta
- 2 cups leafy green veggies of your choice, raw or cooked, including:
Spinach, kale, romaine lettuce, cabbage, collard greens
- 1 cup mixed veggies or fruits of your choice such as:
blanched or roasted broccoli florets
sautéed mushrooms
grated or sliced carrots
steamed beets
cherry tomatoes
apple slices
orange wedges
- ½ cup healthy fats such as:
avocado chunks or slices
dry roasted shelled pistachios
sliced almonds
chopped walnuts
dry roasted peanuts
dry roasted or raw sunflower seeds
dry roasted or raw pumpkin seeds
- 1 cup protein:
cooked beans or legumes such as: garbanzos, lentils, black beans, pinto beans, or soy beans.
1 cooked egg
cooked chicken or flank steak
Tofu
- Add 2 Tablespoons vinaigrette of choice (recipe attached)

Steps:

1. Cook the whole grain

Culinary/ Nutrition Notes for Demo:

1

Culinary:

- most whole grains require a certain amount of liquid per cup of grain to be cooked and generally take longer to cook
- dry toasting grains for a few minutes in a warm skillet can bring out their nutty flavor; careful not to burn
- have liquid already pre-warmed before adding to the pot; bring to a boil, then turn heat down until liquid reduces to a simmer, cover and cook until grain is softened
- the liquid can be water, soup, stock, or even milk; add other ingredients like garlic, cinnamon stick, or herbs to add flavor
- good idea to prepare large batches of whole grains and have them on hand for a week's worth of meals
- most grains are versatile and can be enjoyed with sweet spices like cinnamon for breakfast or cooked with savory ingredients to eat for lunch or dinner; cooked grains can also be added to soups
- whole grains are hearty enough to be reheated throughout the week
- whole grains, because they contain all parts of the grain and natural plant oils, can turn rancid much more quickly than refined grains
- store whole grains in airtight containers in a cool, dark place; try to purchase only what you need
- whole grains can be stored in the freezer

Nutrition:

- Whole-grains are less processed than refined grains offering more vitamins, minerals and fiber.
- Nutrients found in whole grains include: B vitamins (energy), vitamin E (antioxidant vitamin), magnesium, iron, and fiber (promotes digestive health).
- Example of whole grains include: quinoa, brown rice, bulgur, rolled oats.

<p>2. Wash and dry all produce.</p> <p>3. Layer each ingredient into a large bowl, in the order above.</p> <p>4. Just before serving, add the vinaigrette and toss gently.</p> <p>Note: Nutrition Facts Label will vary depending on recipe.</p>	<p>2</p>	<p>Culinary:</p> <ul style="list-style-type: none"> • it is important to always wash produce before eating to remove soil, grit, and some pesticides • for a natural cleaner, combine 3 parts water to 1 part vinegar in a spray bottle; spray produce and let sit for 5 minutes, rinse with cold water • store produce in air tight containers <p>Nutrition:</p> <ul style="list-style-type: none"> • Leafy greens provide a variety of nutrients; try choosing dark leafy greens which offer a powerhouse vitamins and phytonutrients. • Eat ½ -two cups of dark leafy greens per week for a stronger protection against nutritional deficiencies. • The nutrients in dark leafy green perform a variety of functions in the body including: promote immune function, and act as antioxidants to prevent oxidation from free radicals. • Add mixed veggies, the more colors in your salad the more protection you obtain from a variety of antioxidants that have different protective functions in the body.
	<p>3</p>	<p>Culinary:</p> <ul style="list-style-type: none"> • add avocado at time of serving to avoid any browning; squeeze lemon or lime juice to maintain bright green color • toast nuts or seeds in a dry skillet until golden brown or fragrant to enhance nuttiness <p>Nutrition:</p> <ul style="list-style-type: none"> • There are many sources of animal and plant sources of protein to choose from, including: beans & legumes, nuts & seeds, tofu, lean meats. Whole grains also provide plant-proteins.
	<p>4</p>	<p>Culinary:</p> <ul style="list-style-type: none"> • a variety of leftover cooked proteins can complete the bowl <p>Nutrition:</p> <ul style="list-style-type: none"> • Heart-healthy fats from nuts, seeds, avocado and olives, enhance the flavor of the recipe, also the healthy fats help absorb vitamins found in the veggies (fat-soluble vitamins, such as vitamin A). • Making your own vinaigrette is a great way to control the ingredients you are adding to your salad; commercially prepared salad dressings may have preservatives and saturated fats. • Use a moderate amount of salad dressing.

	5	Culinary: <ul style="list-style-type: none"> add vinaigrette of choice, or a simple combination of 1 part fresh lemon juice to 2 parts olive oil
Clean-up/Review comments		
Culinary: Whole grain bowls are a great way to use up lots of leftover items. By preparing large batches of grains, veggies (sautéed or roasted), and proteins, you have enough ingredients to mix and match for a week's worth of meals. Nutrition: This whole-grain power bowl can be enjoyed as a meal or side. The balanced combination of heart-healthy fats, proteins and fiber rich will satisfy your hunger.		

Materials	Shopping List	Qty.
1. 1 cutting board 2. 1 Chef's knife 3. 1 bowl for trash 4. 1 large salad bowl 5. 1 small bowl for vinaigrette/dressing 6. 1 small whisk 7. 1 Mason jar 8. mise en place cups for each ingredient 9. 1 basket to display ingredients 10. silicone tongs/ salad tossers 11. measuring cups 12. measuring spoons 13. paper plates/ cups/ soufflé cups 14. paper towels 15. tablecloth 16. kitchen towel 17. gloves 18. copies of recipe	Produce <input type="checkbox"/> will vary <input type="checkbox"/> examples include: baby spinach, Romaine, seasonal produce that can be eaten raw	
	Dry Goods <input type="checkbox"/> will vary <input type="checkbox"/> examples include: quinoa, brown rice, bulgur, walnuts, pecans, pumpkin seeds, sunflower seeds	
	Meats <input type="checkbox"/> will vary <input type="checkbox"/> examples include: any leftover steak, roasted chicken, cooked or canned fish	
	Dairy <input type="checkbox"/> will vary <input type="checkbox"/> examples include: feta cheese, queso fresco, goat cheese	
	Perishables <input type="checkbox"/> will vary <input type="checkbox"/> examples include: eggs	
	Condiments <input type="checkbox"/> will vary <input type="checkbox"/> examples include: dried spices, vinegars, plant oils	

	Frozen <ul style="list-style-type: none"> <input type="checkbox"/> will vary <input type="checkbox"/> examples include: shelled edamame 	
	Paper Goods <ul style="list-style-type: none"> <input type="checkbox"/> paper plates/ bowls <input type="checkbox"/> forks <input type="checkbox"/> napkins 	
Prepping for demo: <ul style="list-style-type: none"> • Shop for ingredients/ Ensure all ingredients are available • Rinse & dry produce • Prep & store for demo as requested in recipe • Label all mise en place items • Make sure to leave a portion of the salad ingredients intact for demo purposes • If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time for easy execution during demo • Ensure all equipment is in place and set up table with a tablecloth • Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe Estimated time for preparation: ½ hour		