



Wholesome Whole Grain Bowl

4 Servings

INGREDIENTS

2 cups whole grains, such as:

- Brown rice
- Quinoa
- Bulgur
- Whole wheat pasta

Lemon vinaigrette:

- Juice of 1 lemon, about $\frac{1}{4}$ cup
- $\frac{1}{2}$ cup extra virgin olive oil

2 cups leafy greens, such as:

- Romaine lettuce
- Spinach
- Kale
- Cabbage
- Collard greens

1 cup vegetables or fruits, such as:

- Broccoli florets, blanched or roasted
- Mushrooms, sautéed
- Carrots, grated or sliced
- Cherry tomatoes
- Berries, sliced

$\frac{1}{2}$ cup healthy fat, such as:

- Avocado
- Nuts, dry roasted or raw
- Queso fresco, crumbled

1 cup protein, such as:

- Beans or legumes
- Egg
- Chicken
- Steak
- Tofu

Nutrition Facts

4 servings per container	
Serving size	1 bowl
Amount per serving	
Calories	460
	% Daily Value*
Total Fat 23g	29%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 290mg	13%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 32g	
Vitamin D 0mcg	0%
Calcium 181mg	10%
Iron 2mg	10%
Potassium 604mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

DIRECTIONS

1. Cook the whole grain according to package directions.
2. In a small bowl, whisk the oil with the lemon juice until they combine and become creamy.
3. Layer each ingredient into a large bowl, in the above order. Each bowl should consist of $\frac{1}{2}$ cup whole grains, $\frac{1}{2}$ cup leafy greens, $\frac{1}{4}$ cup mixed vegetables or fruit, 2 Tablespoons healthy fat, and $\frac{1}{4}$ cup protein.
4. Just before serving, add 2 Tablespoons vinaigrette to each bowl.

Developed by The Children's Hospital of San Antonio

chefa.org

@CHEFSanAntonio



© Culinary Health Education for Families