



Wholesome Breakfast Bowl

4 Servings

INGREDIENTS

Choose your base:

- ½ cup roasted potatoes
- ¼ cup brown rice
- ½ cup cauliflower rice
- 1-8" whole wheat tortilla

Pick your protein:

- 2 eggs
- ¼ cup black beans
- ¼ cup nonfat refried beans
- ¼ cup ground turkey sausage

Add your vegetables:

- Broccoli, roasted
- Mushrooms, sautéed
- Zucchini and yellow squash, roasted
- Bell peppers and onions, roasted
- Cherry tomatoes

Top with leafy greens:

- Spinach
- Kale
- Shredded lettuce

Add a healthy fat:

- Avocado, sliced
- Queso fresco, crumbled
- Mexican cheese, shredded

Add a topping:

- Cilantro-lime dressing (see below)
- Pico de Gallo
- Salsa
- Cilantro, chopped
- Lime wedges

Cilantro-lime dressing:

- 2 limes
- ½ cup extra virgin olive oil
- 2 cups cilantro
- 4 cloves garlic
- 1 cup nonfat plain Greek yogurt

DIRECTIONS

1. Cook the whole grains according to package directions.
2. To roast any vegetable, place on baking sheet with a drizzle of olive oil and sprinkle of salt. Roast at 425°F for about 25 minutes or until tender.
3. Prepare the fresh vegetables and toppings.
4. Place ingredients for cilantro-lime dressing into a blender and blend until smooth.
5. Layer each ingredient into a large bowl. Each bowl should consist of a base, protein, mixed vegetables, leafy greens, healthy fat, and toppings of your choice.
6. Just before serving, drizzle 2 Tablespoons of the dressing on each bowl.

Nutrition Facts	
4 servings per container	
Serving size 1 bowl	
Amount per serving	
Calories	590
% Daily Value*	
Total Fat 37g	47%
Saturated Fat 7g	36%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 440mg	19%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 32g	
Vitamin D 0mcg	0%
Calcium 165mg	15%
Iron 2mg	10%
Potassium 627mg	15%

*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.

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