

BUILD YOUR OWN Grain Bowls

Choose from your favorite ingredients and make it your own!

Prep Time: 15 minutes

Total Time: 30 - 50 minutes



GRAIN



4 cups brown rice



4 cups riced cauliflower



4 cups whole-wheat pasta

VEGETABLE



2 cups any vegetable
except greens



2 cups
sweet potatoes



2 cups
edamame



4 cups loosely
packed leafy greens

PROTEIN



12 ounces seafood/fish



12 ounces tofu



12 ounces chicken

SAUCE



$\frac{1}{2}$ cup
olive oil dressing



$\frac{1}{4}$ cup
garlic chili paste



$\frac{1}{4}$ cup
tzatziki



$\frac{1}{4}$ cup
hummus

TOPPING



2 tablespoons
fresh herbs



2 tablespoons
sesame seeds



2 tablespoons
dried herbs



$\frac{1}{2}$ cup reduced
fat cheese

Directions:

- Cook grains according to package directions.
- Cook protein accordingly, using olive oil (or substitute).
- To assemble, using the grain as the base, followed by protein, then vegetables.
- Drizzle sauce over your bowl and sprinkle with your favorite toppings.
- Serves 4.

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