

Build-Your-Own Grain Bowl!



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Build-Your-Own Grain Bowl

Step-by-step instructions on how to put together a grain bowl of choice. Try mixing and matching flavors and ingredients to find a favorite.

Step 1: Prepare grain. Pick a favorite.

Rice:

1. Add 1 ½ cups of rice and 3 cups of water to a pot over medium heat. Bring to a boil.
2. Once rice is boiling, reduce heat to low and cover the pot.
3. Bring rice to a simmer until all water is absorbed and rice is tender, about 40 minutes.
4. Fluff the rice with a fork and serve.

Quinoa:

1. Rinse 1 cup of quinoa under cold water using a fine mesh strainer.
2. Add rinsed quinoa and 2 cups of water into a medium saucepan over medium high heat.
3. Bring to a simmer, cover the pot, and simmer for 15 to 20 minutes until liquid is absorbed.
4. Remove from the heat and sit, covered, for about 5 minutes.
5. Fluff the quinoa with a fork and serve.

Farro:

1. Rinse 1 cup of farro under cold water using a fine mesh strainer.
2. Add rinsed quinoa and 3 cups of water into a medium-sized saucepan and bring to a boil over high heat.
3. Reduce the heat to low, cover, and gently simmer until tender, about 30 minutes.
4. Drain any remaining liquid and serve. Look for whole-grain farro for more fiber.

Couscous:

1. Bring 1 ¾ cups of water to a boil in a medium saucepan.
2. Stir in 1 ½ cups of couscous, cover with a lid, and remove from heat.
3. Let the couscous steam for 5 minutes or until all of the water is absorbed.
4. Fluff the couscous with a fork and break up any clumps. Serve warm.

Grits:

1. Bring 1 cup of water to a boil.
2. Slowly stir in the ¼ cup quick cooking grits, return to a boil.
3. Reduce heat to medium-low and cook 4 to 5 minutes or until thickened, stirring occasionally.

Potatoes:

1. Preheat oven to 425°F.
2. Scrub 2 lbs of any potato variety with warm water.
3. Dice into 1-inch cubes.
4. Toss diced potatoes with 2 Tablespoons of olive oil and dash of salt and pepper in a medium-sized mixing bowl.
5. Place on a greased baking sheet and bake for 30 to 35 minutes until crisp on the outside and tender on the inside.
6. Freeze leftovers.

Salad Option:

1. Use 1 to 2 cups chopped lettuce or greens.

Seymour Says: Always rinse quinoa before cooking. Cook with water in a 1:2 ratio, one part dried grain and two parts liquid.



Step 2: Prepare protein. Pick a favorite.

Baked Salmon:

1. Preheat oven to 400°F. Arrange salmon fillets, skin side down on the baking sheet.
2. Use aluminum foil for easy clean up.
3. Drizzle with olive oil, salt, pepper, and minced garlic, or any preferred seasonings.
4. Cook in the oven for about 10 to 12 minutes, or until salmon is pale pink and reaches an internal temperature of 145°F.

Baked Tofu:

1. Use 1 brick of extra-firm tofu for best results. Preheat oven to 375°F.
2. Drain water from the tofu container and place tofu on a cutting board.
3. Cut tofu into 1- to 2-inch cubes, and place into a mixing bowl.
4. Add 2 Tablespoons cornstarch and stir until fully combined. Drizzle with olive oil and low sodium soy sauce and mix until evenly coated.
5. Spread tofu evenly on a baking sheet. Use parchment paper for easy clean up, if possible.
6. Bake tofu for 30 minutes, flipping halfway through.

Grilled Chicken (Breasts or Thighs):

1. Season chicken on both sides with salt, pepper, and other seasonings of choice.
2. Preheat the grill to medium-high heat.
3. Place chicken on grill for 7 to 8 minutes, flip and grill for an additional 7 to 8 minutes until chicken is cooked through, and reaches an internal temperature of 165°F.

Baked Chicken (Breasts or Thighs):

1. Preheat oven to 400°F. Season chicken with salt, pepper, and other seasonings of choice.
2. Spray a baking sheet with nonstick cooking spray and drizzle some olive oil over the chicken.
3. Bake in the oven for 20 to 25 minutes, or until chicken is golden brown and reaches an internal temperature of 165°F.

Stove-top Chicken (Breasts or Thighs):

1. Preheat 1 Tablespoon olive or canola oil in a skillet over medium heat.
2. Season both sides of chicken breast with salt, pepper, and additional seasonings of choice.
3. Place chicken on skillet and cook for 5 to 7 minutes on one side.
4. Flip chicken and cook on the other side for an additional 5 to 7 minutes, or until chicken is cooked through and reaches an internal temperature of 165°F.

Roasted Chickpeas:

1. Preheat oven to 425°F. Rinse and drain one can of chickpeas. Pat dry with a paper towel.
2. Toss chickpeas with 1 Tablespoon olive oil and season with salt.
3. Transfer chickpeas to a baking sheet and bake for 20 to 30 minutes or until crispy.

Black Beans:

1. Rinse 1 lb uncooked black beans and pour into a large saucepan with 8 cups of water.
2. Cover the pot and bring to a boil. Once boiling, remove the lid and reduce the heat to low.
3. Simmer the beans for 60 to 90 minutes or until the beans are tender.

Lentils:

1. Rinse 1 cup of uncooked lentils and pour into a medium saucepan.
2. Fill the saucepan with water until the lentils are covered and bring to a boil.
3. Reduce heat and cover pan and simmer for 17 to 20 minutes, stirring occasionally, or until lentils are tender.

Seymour Says: When using a grain that is new or unique like quinoa or barley, try mixing it half and half with rice.



Step 3: Prepare the veggies.

Roasted Vegetables:

1. Rinse, dry, and chop 1 lb of desired vegetables into 1-inch pieces. Preheat oven to 425°F.
2. In a medium mixing bowl, coat vegetables with 1 to 2 Tablespoons of olive oil.
3. Spread vegetables in a single layer on a baking sheet. Roast for 20 to 30 minutes or until vegetables are crisp on the outside. Flip halfway through cooking time.

Sautéed Vegetables:

1. Rinse, dry, and slice or chop 1 lb of desired vegetables.
2. Heat 1 Tablespoon olive oil in a saute pan over medium heat.
3. Add vegetables and saute until tender, approximately 8 to 10 minutes.

Fresh Vegetables:

1. Chop selected veggies into bite-sized pieces.

Poe's Favorite Veggies and Suggestions for Preparation	Veggie	Roasted	Sautéed	Fresh
	Arugula			♥
	Avocado			♥
	Bell Pepper	♥	♥	♥
	Bok Choy		♥	
	Broccoli	♥	♥	♥
	Brussels Sprouts	♥	♥	
	Cabbage	♥	♥	♥
	Carrots	♥	♥	♥
	Cauliflower	♥	♥	♥
	Corn	♥	♥	♥
	Cucumber			♥
	Eggplant	♥	♥	
	Green Beans	♥	♥	
	Kale	♥	♥	♥
	Mushrooms		♥	♥
	Olives			♥
	Onion	♥	♥	♥
	Potatoes	♥		
	Snow Peas		♥	♥
	Spinach		♥	♥
	Squash	♥	♥	
	Tomato	♥		♥
	Zucchini	♥	♥	

Step 4: Make the sauce or dressing:

Tzatziki Sauce:

Combine 1 cup plain Greek yogurt, ¼ cup diced cucumber, Juice of 1 lemon, 2 minced garlic cloves, and salt and pepper to taste. Whisk together.

Lemon Dressing:

Combine ⅓ cup olive oil, the juice of 1 lemon, 1 teaspoon Dijon mustard, 2 minced garlic cloves, and salt and pepper to taste. Whisk together.

Ginger Dressing:

Combine 1 minced garlic clove, 2 Tablespoons minced ginger, 2 Tablespoons honey, ½ cup olive oil, 2 Tablespoons soy sauce, ⅓ cup rice vinegar or lime juice. Whisk together.

Peanut Sauce:

Combine ¼ cup peanut butter, 2 Tablespoon soy sauce, pinch of red pepper flakes, the juice of 1 lime, 1 teaspoon sesame oil. Whisk together.

Curry Yogurt Sauce:

Combine 1 cup plain yogurt, 1 Tablespoon lime juice, 1 Tablespoon curry powder, ½ teaspoon garlic powder, 1 teaspoon salt. Whisk together.

Step 5: Assemble grain bowls.

1. Add ½ to 1 cup of cooked grain, a serving of protein, and veggies of choice to the bowl.
2. Drizzle with sauce and sprinkle on additional toppings.

Flavor Suggestions:

Style	Grain/Base	Protein	Vegetable Options	Sauce	Toppings
Mediterranean Bowl	Quinoa Brown Rice Farro Lettuce/Greens	Roasted Chickpeas Grilled Chicken Baked, Grilled Salmon Tofu	Lettuce Tomatoes Olives Cucumbers Roasted Eggplant Red Onion	Zesty Green Sauce , page 66 Tzatziki Sauce , page 32 Simple Hummus , page 101 Lemon Dressing	Feta Cheese Parsley Avocado
Stir-Fry Bowl (Asian-Inspired)	Brown Rice White Rice Lettuce/Greens	Tofu Grilled Chicken Grilled, Baked Shrimp	Carrots Bok Choy Red Cabbage Bell Peppers Snow Peas Broccoli Zucchini	Ginger Dressing Peanut Sauce Teriyaki Sauce (jar from store)	Chopped Peanuts Cilantro Green Onion Bean Sprouts
Burrito Bowl	Rice Quinoa Lettuce/Greens	Grilled Chicken Ground Chicken or Turkey Black Beans Pinto Beans	Bell peppers Onion Tomatoes Corn Lettuce Avocado	Pico de Gallo , page 97 Salsa of Choice Easy Guacamole , page 98 Cilantro-Lime Cream Sauce , page 50	Cilantro Shredded Cheese Onions Jalapeño
Spiced Curry Bowl	Rice Couscous Quinoa Lettuce/Greens	Tofu Roasted Chickpeas Lentils (cooked) Grilled Chicken	Mushroom Kale Potatoes Carrot Zucchini Onion Cauliflower Spinach	Curry Yogurt Sauce	Red Pepper Flakes Parsley Flakes
Breakfast Bowl	Grits Roasted Potatoes Lettuce/Greens	Scrambled Egg Over-Easy Egg Turkey or Chicken Sausage	Spinach Tomatoes Mushrooms Bell Peppers	Pico de Gallo Salsa of Choice Hot Sauce	Feta Cheese Cheddar Cheese Avocado