



wellness by
design

GREAT GRAIN BOWLS

MASTER THE VERSATILE, DELICIOUS, MEAL PREP ALLSTAR

Build A Better Bowl

GRAINS

Quinoa, long grain rice, wheat berries, barley, farro, and bulgur are all great fits for grain bowls. Quinoa and rice are perfect gluten free options for those who need to avoid gluten.

Prepare whole grains plain and add spices and herbs after cooking to fit your cuisine of choice.

VEGETABLES

Get creative with your vegetables. Try them roasted, pickled, shredded, or stir fried.

Take advantage of frozen options to ease weeknight meal prep.

PROTEIN

Chicken, salmon, egg, edamame, beans, legumes, nuts and seeds are all great protein choices for grain bowls.

Keep prepared protein in the freezer and/or leftovers for easy weeknight solutions

HEALTHY FAT

Ramp up your grain bowl with vinaigrettes made with olive oil, nuts, seeds and avocado.

Take it to the next level with infused oils, spiced nuts and seeds or guacamole.



EXTRA! EXTRA!

Extras, whether quick and simple or complex can take a grain bowl to the next level. Try sauerkraut and kimchi, pickled onions or radishes, fresh herbs, sun-dried tomatoes, shaved cucumber or carrot, sesame seeds, or greek yogurt.



Grain bowls are easily customized, put leftovers to use, can adapt for entertaining with a grain bowl bar and are chock full of fiber.

You really can't lose!

Cooking Whole Grains

Cooking grains can be as easy as boiling pasta. The most basic method is to add plenty of water to a pot, heat until boiling, add the grain, reduce heat and simmer until tender then drain. Use the guide below as a reference for boiling times.

Quinoa: 10 - 12 minutes

Farro: 15 - 30 minutes

Wheat Berries: 45 - 60 minutes

Barley: Hulled - 1 - 2 hours

Barley: Pearled - 30 - 40 minutes

Bulgur: 10 - 12 minutes

Long Grain Brown Rice: 45 minutes

It is helpful to taste the grains along the way. When done, they should be tender but still firm, not waterlogged and mushy. Some people cover and simmer. If choosing this method, ensure to manage the heat to prevent boiling over.

Invest in a mesh colander, ideally an over-the-sink style, so as to not lose small grains when draining.

GOOD WHOLESOME TIPS

Cook whole grains in water, or for a bit more flavor they can be cooked in broth or stock.

Add whole peeled garlic cloves to the cooking water for a slight garlicky infusion.

Some grains, like farro, rice and quinoa, benefit from a quick rinse prior to cooking. When in doubt, run your grains under some water before cooking.

The best part about cooked whole grains, they can be frozen! Always make extra, portion into 1-2 cup servings, label and freeze. Being prepared makes grain bowls a breeze.

If the pot runs out of water and the grains stick to the bottom of the pan, turn off the heat, remove the loose grains, add a very small amount of liquid, put a lid on the pan, and let it sit a few minutes. The grain will loosen, easing serving and cleanup.



FARRO & ROASTED VEGGIES

INGREDIENTS

- 2 c cooked farro
- 1 medium head broccoli, cut into florets
- 3 carrots, sliced into 1" pieces
- 1 15-ounce can chickpeas
- 2 T olive oil
- 2 handfuls spinach, roughly chopped
- 1/2 onion, thinly sliced
- 1/3 c slivered almonds
- 1/2 avocado, sliced

Lemon Herb Dressing

- 1/4 c hummus
- Juice and zest from 1/2 lemon
- 2–4 T warm water
- 2 garlic cloves, pressed or minced
- 1 T dried Italian herbs, dill, OR oregano

DIRECTIONS

Preheat oven to 425 degrees F. Spread broccoli, carrots and chickpeas on a baking sheet. Drizzle with 2 T olive oil and toss to coat. Roast 15–20 minutes, turning once.

Combine dressing ingredients in a mason jar with a lid and shake well, or whisk in a small bowl.

Heat cooked farro, if starting from frozen or chilled, and assemble bowls. Top farro with broccoli, carrots and chickpeas, add spinach, onion, almonds and avocado. Drizzle with dressing and enjoy.

To lighten the onion flavor, soak in chilled water while prepping other ingredients. Drain before using in bowls. Or, roast with vegetables and chickpeas.

Pairs well with salmon for additional protein.



THAI PEANUT BOWL

INGREDIENTS

2 T olive oil, divided
2 garlic cloves, minced
1 T fresh ginger, minced
3 c cooked long grain brown rice
1 c shelled edamame
2 sweet potatoes, diced
1/2 red onion, halved and sliced
2 c baby spinach
1 avocado, diced
1/2 c cilantro, chopped
1 c leftover cooked chicken, cubed (optional)

PEANUT SAUCE

1/3 c lime juice
1/4 c creamy peanut butter
2 T soy sauce/tamari/coconut aminos
1 T toasted sesame oil
1 tsp honey
Pinch red pepper flakes
1 clove garlic, minced

DIRECTIONS

Preheat oven to 425 degrees F. Roast sweet potatoes and onion on a large sheet pan with 1 T of the olive oil for about 20 minutes, turning once.

Meanwhile, in a large skillet, heat another 1 T oil and sauté garlic and ginger for 30 seconds. Add cooked rice and edamame, stirring for 1 minute then turn off heat.

Whisk or blend dressing ingredients until smooth. *This can be done 1–3 days in advance.*

Assemble bowls: Start with rice and edamame, topping with cooked sweet potato and onion, spinach, avocado, chicken (if using) and cilantro. Drizzle with peanut sauce and enjoy!

Additional options: scallions, shredded carrots, shrimp, peanuts



HARVEST SALAD BOWL

INGREDIENTS

- 1 sweet potato, cubed
- 1 T olive oil
- 2 c wheatberries, cooked
- 1/2 c pepitas (hulled pumpkin seeds)
- 1 apple, chopped
- 1/2 c dried cherries, unsweetened
- 1/2 bunch kale, destemmed and chopped into ribbons
- 1/3 c crumbled goat cheese, optional

DRESSING

- 2 T olive oil
- 2 T apple cider vinegar
- 1 T pure maple syrup
- 1 T honey or Dijon mustard
- 1 garlic clove, pressed or grated
- 1/4 tsp chili powder
- 1/4 tsp paprika

DIRECTIONS

Preheat oven to 350 F. Roast sweet potato with 1 T olive oil in oven for about 30 minutes, tossing every 10 minute. Remove when desired char and consistency is achieved.

In a large bowl, combine wheatberries, pepitas, apple and cherries.

Using hands, “massage” kale until it softens, then add to bowl.

Mix dressing in a mason jar, and shake to combine. Pour over salad. Fold in goat cheese, if desired.

Additional options: Cubed chicken, pomegranate seeds, roasted acorn or butternut squash, shredded Brussels sprouts



SOUTH WEST QUINOA

INGREDIENTS

3 tsp olive oil
1/2 onion, halved and sliced
1 medium red bell pepper, sliced
1.5 c cooked quinoa
1 15-oz can black beans, drained/rinsed
1/2 tsp cumin
1/2 tsp chili powder
1 medium avocado, sliced
Cilantro
Salsa or pico de gallo
Limes

HONEY LIME DRESSING

4 T olive oil
2 T red wine vinegar
1/2 tsp cumin
juice of 1 lime
1 T honey
1/8 tsp salt

DIRECTIONS

COOK VEGETABLES Heat a skillet on the stovetop to medium high heat, add 1 tsp olive oil and cook onions for 5 minutes. Add bell pepper and cook 5 minutes more.

FLAVOR GRAINS In a bowl, stir together cooked quinoa, black beans, cumin, chili powder and olive oil. Add a scoop of salsa or hot sauce, if desired.

MAKE DRESSING: In a mason jar, shake together all dressing ingredients.

ASSEMBLE BOWLS: Distribute quinoa and black beans, onions and bell pepper, and sliced avocado in bowls. Dress with honey lime dressing and top as desired with cilantro, lime, salsa, etc.

Additional options: Greek yogurt, salsa, chicken, shrimp, white fish, jicama, mango