

# Comfort Harvest Bowl

The combinations are endless! Choose **1 to 2** ingredients from each ingredient category.

- Grain or starchy vegetables (½ cup) brown rice, quinoa, whole grain pasta, rice noodles, sweet potatoes, butternut squash
- Protein (½ cup) chicken, seafood, eggs, beans, lentils or tofu
- Greens, raw or cooked (1 cup) spinach, mixed greens, romaine, arugula, kale, collards, chard
- Other vegetables, raw or cooked (1 cup): broccoli, cauliflower, brussel sprouts, carrots, beets, onion, purple cabbage, peppers (orange, yellow, red)
- Dressing/sauce (1-2 tablespoons) vinaigrette (balsamic, citrus, Dijon, sesame-ginger), peanut sauce
- Toppings (1-2 tablespoons) Seeds (sunflower, pumpkin, sesame), chopped nuts (pistachio, almonds, cashews, peanuts, walnuts), apple, avocado, olives, pickled onions, fresh herbs (cilantro, parsley, basil, mint, dill), cheese (feta, goat, mozzarella), dried fruit (cranberries, raisins)

## Directions

1. Place grain, protein and vegetables side-by-side in a bowl.
2. Drizzle with dressing/sauce, and then add toppings.

Serves 1



### Seasoned cook tips

For extra flavor, try roasting or grilling vegetables, and cooking grains in chicken or vegetable stock. If serving warm, add raw vegetables and toppings after heating other ingredients.

