

## Grain Bowl Recipe



**HEALTHY FOOD  
FOR ALL**

### Direction:

1. Prepare your choice of whole grain
2. Chop vegetables and separate those to eat raw, roast or steam.
3. Dress raw vegetables (especially onions) with a light coat of dressing to marinate.
4. Steam selected vegetables.
5. Roast selected vegetables by coating with olive oil and salt and placing on sheets in 425 degree oven for 20-40 min, stirring at least once. Then remove and allow to cool. Add additional flavor on some with vinegar or lemon juice.
6. Prepare you bowl with grain and vegetables. Pack others in Tupperware to keep in your fridge for 4 days in combination or 7 days if kept separately.
7. Enjoy having many meals ready to go!

Grains: Barley, Bulgar Wheat, Wheat Berries, Quinoa, Farro, Rice, Wild Rice, Buckwheat, Millet  
 \*all can be found in bulk sections at Wegmans or Greenstar. Also available in pantry aisles.

Pantry Mix Ins:	Raw Produce:	Roasted Veggies:	Steamed Veggies:
Dried fruit	Cucumber	Sweet Potato	Broccoli
Nuts and Seeds	Tomato	Carrots	Cauliflower
Chickpeas, Beans or	Bell Pepper	Parsnips	Chard
Lentils	Lettuce/Salad Greens	Onions	Spinach
Olives	Shredded Cabbage	Garlic	Kale
Marinated Artichokes	Basil	Bell Peppers	Carrots
Roasted Red Peppers	Parsley	Cauliflower	Green Beans
Banana Peppers	Mint	Zucchini	Zucchini
Sauerkraut	Dill	Cabbage, Kale	Cubed Squash
Jalapenos	Green Onion	Green Beans	Cubed Sweet Potato
Frozen Peas (defrosted)	Grapes	Beets	
Frozen Edamame	Apples		
Tuna	Oranges		
Cheese	Avocado		

Dressing Suggestions: Balsamic vinaigrette, Italian, Creamy Poppyseed or Ranch, Tzatziki, Lemon Juice, Soy Ginger Dressing, Olive oil and herbs such as basil, parsley, mint, dill