

Build-Your-Own Grain Bowl

The amounts below make two grain bowls.
Make more or less using the same proportions.

Choose ingredients and follow the directions on the back to make a tasty meal.



Base Grain

2 cups
cooked grains

+

Fruits & Vegetables

Fresh/Frozen/Canned
(Pick one from each category)

+

Protein

1/2 cup, fully cooked

+

Sauces

1/3 cup

+

Toppings

Optional, to taste

Brown rice
Whole wheat pasta
Farro or quinoa
Whole wheat couscous
Wild rice
Millet
Polenta or oats

Fruits (1/2 cup): Apples, blueberries, strawberries, pineapple

Vegetables (1/2-1 cup): Red peppers, mushrooms, carrots, broccoli, summer squash, zucchini, cucumbers, fennel, bok choy, roasted eggplant

Greens (1 cup): Leaf lettuce, kale, arugula, spinach, mixed greens

Any leftovers in the fridge!

Ground beef, chicken, or turkey (lean and drained of excess fat)
Shrimp or fish
Beans, lentils, pigeon peas, edamame, or tofu (drained and sautéed)
Eggs (any style)

Low-sodium dressing or simple vinaigrette
Salsa
Low-fat yogurt

Low-fat shredded cheese
Toasted almonds or cashews
Pumpkin or sunflower seeds
Avocado slices, olives, jalapenos, or salsa
Chopped herbs (cilantro, parsley)
Hot sauce

Simple Vinaigrette



3 Tbsp olive oil
2 Tbsp red wine vinegar

1 tsp salt
1/4 tsp pepper

Mix until incorporated.

continued >

Directions:

1. Cook grains according to the package instructions.
2. While grains are cooking, wash and cut up your fruit and vegetables. If using canned or thawed frozen vegetables, defrost and drain them well. If using raw fruits and vegetables, cut into small, bite-sized pieces or thin slices.
3. Prepare sauces. If you have leftovers, use as a sauce for stir-fry or salad dressing.
4. In a medium bowl, layer grains on the bottom, and top with fruits, vegetables and protein. Drizzle sauce and add toppings.

Try These Combos

Taco bowl:

Brown rice / tomatoes +
onions + peppers / ground
beef or sliced chicken / olives
+ jalapenos + low fat yogurt
+ shredded cheese / hot sauce
or salsa



Vegetarian bowl:

Lettuce + quinoa or couscous /
your favorite cooked or raw
vegetables + one new one
(fennel, bok choy, roasted
eggplant) / simple vinaigrette /
sunflower seeds



Sunrise bowl:

Oatmeal / sliced strawberries
+ canned peaches + frozen
blueberries / dried cranberries
or honey / chopped almonds

Choosy eaters? Grain bowls are customizable! Have kids help create their own bowl from a few different ingredients. Make them into fun faces or create designs on top.

Crunched for time? Use the same grains more than once, in different ways. Cook a large batch of rice or pasta, and use it in multiple meals. You can also eat bowls cold or hot – try hot pasta one night, then a cold noodle salad the next day.

Looking to save money?

Grain bowls are the perfect leftover lunch. Most grains are affordable, and a bulk package of rice or lentils will last a while in your pantry.

Still have leftover

ingredients? Make a grain bowl of savory ingredients, and add warmed vegetable broth for a quick and delicious soup!



SNAP

Nutrition
Education

Healthy Food. Healthy Moves. Healthy YOU.

masnaped.org



COOKING
MATTERS®

cookingmatters.org