



Quick & easy grain bowls

Grain bowls offer a nutritious, simple meal to fuel your day. They are also a great way to maximize your daily plant intake. Here's how to make each bowl both delicious and healthy:

- **Start with a tasty grain.** Amaranth, quinoa, rice, farro, millet, and bulgur wheat can be made in large batches and used all week long.
- **Add a well-seasoned protein.** Roasted chickpeas, sautéed tofu, tempeh, or seasoned beans make tasty plant choices. Salmon, chicken, or eggs work, too.
- **Pile on the vegetables.** Roast, steam, or sauté your favorite in-season vegetables to add to your bowl. Broccoli, peppers, squash, and carrots make great additions. And don't forget the leafy greens!
- **Top with healthy fats.** Avocados, olives, olive oil dressings, nuts, and seeds make your grain bowl a complete meal. Cheese also adds a punch of flavor.
- **Spice it up.** Salsa, green onions, pesto, sriracha, herbs, or vinaigrette add flavor and an extra helping of nutrients.

