



MAKE YOUR OWN

Grain Bowl

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

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

-  flexible
-  kid approved

BASE GRAIN + FRUITS & VEGGIES + PROTEIN + SAUCES + TOPPINGS				
2 CUPS COOKED GRAINS	FRESH+FROZEN +CANNED (1 EACH)	½ CUP, FULLY COOKED	⅓ CUP	OPTIONAL, TO TASTE
Brown rice	Fruits (½ cup): apples, blueberries, strawberries, pineapple	Chicken or turkey (lean and drained of excess fat)	Low-sodium dressing or simple vinaigrette*	Low-fat shredded cheese
Whole wheat pasta				Toasted almonds or cashews
Farro or quinoa	Vegetables (½-1 cup): red peppers, mushrooms, carrots, broccoli, summer squash, zucchini, cucumbers, fennel, bok choy, roasted eggplant	Shrimp or fish	Salsa	Pumpkin or sunflower seeds
Whole wheat couscous		Beans, lentils, pigeon peas, edamame or tofu (drained and sautéed)	Low-fat yogurt	Avocado slices, olives, jalapeños or salsa
Wild rice		Eggs (any style)		Chopped herbs (cilantro, parsley)
Millet	Greens (1 cup): leaf lettuce, kale, arugula, spinach, mixed greens			Hot sauce
Polenta or oats				

SIMPLE VINAIGRETTE RECIPE

INGREDIENTS

- 3 Tbsp olive oil
- 2 Tbsp red wine vinegar
- 1 tsp salt
- ¼ tsp pepper

INSTRUCTIONS

- 1.** Mix until incorporated.

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