

# What's Cooking?

## How to Make A Grain Bowl:

Grain bowls are my favorite go-to meal. They are quick and easy meals to throw together and are packed with nutrients. Mix up your grain bowls by experimenting with different ingredients and flavors to find your perfect combination!

### Step 1. Pick Your Grain

Start off your grain bowl with a layer of a grain of your choice. My favorite grain for these bowls is rice because it is easy to make and goes with everything! Try adding herbs such as green onion, cilantro, or parsley to your rice, or seasonings such as garlic and onion powder for extra flavor. Cooking your rice with any kind of broth or stock can add a lot of flavor as well.

### Step 2. Add Some Veggies

Any kind of veggie works great in a grain bowl. Here are some options to try:

- Add a handful of raw leafy greens like lettuce, spinach, or kale for a more salad-based bowl.
- Add cooked veggies such as carrots, sweet potatoes, cabbage, zucchini, squash, broccoli, cauliflower, mushrooms, or brussel sprouts
- Add raw veggies such as cucumbers, bell peppers or tomatoes

### Step 3. Pick a Protein

Add your choice (or two) of protein. All sorts of chicken, beef, pork, and fish can taste great in a grain bowl. Chickpeas and any other kind of bean, tofu, and eggs are all great examples of vegetarian-friendly protein options. Try varying the cooking styles of the protein to keep things interesting.

### Step 4. Dress/Season

The sauce/dressing you choose can tie the whole dish together. Start by getting inspiration from what you already have in your fridge or pantry. Look for any kind of sauces or dressings to top your grain bowl. Top your grain bowl off with a variety of ingredients. A handful of nuts or seeds, sliced avocado, chopped fresh herbs, and shredded cheese are great toppings for grain bowls.

### Step 5. Enjoy!

## Featured Ingredient of the Week: Rice and Whole Grains



Eating grains, especially whole grains, is part of a well-balanced diet.

Grains provide many important nutrients for our bodies such as carbohydrates for body and brain energy, dietary fibers for healthy digestion, B vitamins, iron, and magnesium to support a healthy immune system. Try to make at least half of the grains you eat whole grains for increased nutrients. Examples of whole grains include brown rice, barley, oatmeal, popcorn, quinoa, and whole-wheat bread, pasta, or crackers.

## How to Add Whole Grains into Your Diet:

- Start with breakfast. Enjoy whole-grain breakfast cereals, oatmeal, or whole-wheat toast in the morning. The extra fiber will help keep you feeling full longer.
- Switch to a whole-grain version of something you already eat. Replace white bread, tortillas, or bagels with whole-grain or whole-wheat versions.
- Enjoy whole grains as a snack. Popcorn is a great option for a whole-grain snack or look for whole-grain crackers.
- Add cooked grains such as wild rice, quinoa, or barley in soups, stews, casseroles and salads for extra bulk.

