

LIVE WELL WATERTOWN



EAT WELL WATERTOWN

May 3, 2018

Easy & Healthy Vegetable + Grain Bowls

Prepare grain of choice according to package directions. Grains to try include:

Rice, Couscous, Quinoa, Millet, Farro, Sorghum, and Bulgur

While grain is still warm, you can add (optional) chopped scallions, cilantro, lime juice, and salt and pepper to taste if desired.

Layer your grain bowl as follows:

Bottom layer: Grain

Second: Roasted Vegetables

Third: Salad with dressing (Corn and Bean or Slaw)

Fourth: Radish Salsa (or any Salsa of your choosing)

Fifth: A selection of toppings: pepitas, cheese, avocado, scallions, cilantro, chopped fresh tomatoes, lime wedges, etc

Choose your options from the following:

Roasted sweet potato:

Roast peeled and cut sweet potato on a pan in a single layer with olive oil, salt and pepper to taste in a 400 degree oven until you can easily pierce a piece of potato with a fork, about 30-40 minutes.

Optional additional seasoning to add before baking: 1 tsp cumin, 1 tsp coriander, 1 tbsp chili powder, 2 cloves garlic

Southwestern Cauliflower and Garbanzos:

Cut 1 head of cauliflower into small florets (or buy 1 package precut cauliflower) and add to large mixing bowl. Add 1 large grated carrot, 1 can drained and rinsed garbanzo beans, and 1 chopped onion. Toss with a seasoning of:

1 tsp paprika, 2 cloves chopped garlic, ½ tsp oregano, ½ tsp salt, ½ tsp cumin, 2 tbsp olive oil. Bake in a 400 degree oven for 35-40 min until cauliflower is tender

Corn and Bean Salad:

Combine the following in a big bowl:

1 package fire roasted corn, 2 cans of rinsed and drained beans (black, pinto, etc), ½ cup of chopped cilantro, 1 chopped cucumber, 1 chopped each red and orange bell pepper, southwestern dressing (recipe below)

Slaw Salad:

Combine the following in a big bowl:

Shredded cabbage (1 red, 1 savoy cabbage cored and sliced very thin, or prepackaged chopped slaw), grated carrots, ¼ cup scallions, ½ cup chopped cilantro, ½ cup sunflower seeds OR pepitas/pumpkin seeds, southwestern dressing

Southwestern Dressing:

Zest from 3 limes plus 3 tablespoons lime juice, 1 clove garlic, 2 tsp Dijon mustard, 2-3 tsp vinegar, ½ tsp cumin, ½ tsp coriander, 2 tsp chili powder, salt and pepper to taste. Whisk together in a bowl until combined. Continue whisking as you slowly add ½ cup olive oil. Adjust seasonings to taste. This dressing has many applications!

Radish Salsa:

Combine together in a bowl:

1 bunch of radishes, sliced thin, 2 tablespoons chopped cilantro, 5 tablespoons chopped onion