

SUMMER BOWLS

These bowls can be hot or cold, using fresh picks or leftovers! Pick a protein, pick some veggies and “eat the rainbow”! Such a great way to use “what’s in season” along with “what you have”. Building bowls is a fun way to let the whole family customize their faves!

The quantities don’t have to be specific, it’s really about just rounding out the grain, protein, veggies, mix ins and sauce for each “bowl”

TOOLS NEEDED FOR THIS RECIPE

- Frying pan
- Bowls
- Whisk

INGREDIENTS

BUILD YOUR BASE - *Pick a protein you love, like chicken, beef, pork, or tofu.*

*Ultimately if you have 1lb of meat *ground meat works too, you can divide that between 4-6 servings.*

- 1 lb of ground chicken
- ½ tablespoon oil for frying
- 2 tablespoon soy sauce
- 1 tablespoon rice vinegar (any vinegar will work)
- 2 tablespoon brown sugar (honey will work too, white granulated sugar will too)
- ½ teaspoon garlic powder
- 1 teaspoon sesame oil
- 2 teaspoons of cornstarch + 2 teaspoons of water. This makes a slurry that you whisk together, then pour over the meat to thicken the sauciness.

PICK YOUR GRAIN - You want about 2 cups of cooked grain. Choose any grain you wish, it also works great with leftovers- *white rice, brown rice, quinoa, couscous, pasta*

- 2 cups of cooked white rice

ADD YOUR VEGGIES- *Pick the veggies you have on hand. You want about 1 cup per bowl/per serving*

- Today we'll use romaine lettuce, chickpeas, corn and pickled cucumbers

ADD A SAUCE OR DRESSING- *Let's pick a sauce or dressing that you can drizzle over the top*

- Today we'll use a sesame soy mayo drizzle
- ½ cup mayonnaise, 1 teaspoon sesame oil, 1 teaspoon soy sauce or vinegar, ½ teaspoon brown sugar or honey, pinch of salt + pepper

OPTIONAL BOWL TOPPERS/ MIX INS - *Pick croutons, pita chips, nuts, seeds, dried fruit, or any other "salad" toppers you want*

DIRECTIONS

1. In a large frying pan, add ½ tablespoon of oil and your ground meat, then pan fry until fully cooked through.
2. Add the soy sauce, rice vinegar, brown sugar and garlic and cook until saucy.
3. To thicken the sauce, you may want 1 teaspoon of cornstarch + 1 teaspoon of water. This makes a slurry that you whisk together, then pour over the meat to thicken the sauciness.
4. Add the sesame oil, pinch of salt and pepper and taste. Adjust accordingly.
5. Let's make our sauce in a separate bowl, whisking together: ½ cup mayonnaise, 1 teaspoon sesame oil, 1 teaspoon soy sauce, ½ teaspoon sugar, pinch of salt + pepper

LET'S BUILD OUR BOWLS!