



RESBC Fun and Flavorful Bowl Recipe

Makes 4 bowl meals

This recipe reproduces the bowl prepared in the video. However, there are many alternatives and substitutions possible including use of leftovers and frozen vegetables for the recipe items below. Experiment to your tastes and likes. Invite friends over to help with preparation or set out prepared ingredients in a buffet and let others customize their bowls.

- 12 oz protein (halibut, tofu, tempeh, chicken, etc.)
- 1 cup grains (cooked: brown rice, white rice, quinoa, cous cous, or blend of these grains) -see recipe below under Grains section.
- 8 oz microgreens (fresh or prepackage salad mixes may be substituted).
- 4 oz shredded red cabbage (for color, antioxidants and fiber).
- 4 oz shredded carrots and zucchini
- 4 oz bell peppers sliced in julienne strips (yellow, orange, red or combination for color)
- 4 radishes thinly sliced
- 8 oz toasted garbanzo beans (see recipe below)
- 4 oz peanut sauce (see recipe below).

1. Prepare peanut sauce (dressing). May be prepared ahead of time and stored under refrigeration for 6 months or more. Makes approximately ½ cup.
 - ¼ cup creamy peanut butter
 - 1Tbl rice vinegar
 - 2 Tbl olive oil
 - 2 Tbl lime juice
 - 1 Tbl Tamari or Soy Sauce
 - 2 Tbl honey
 - 2 garlic cloves (peeled)
 - Approximately 1 inch of fresh ginger, peeled
 - ½ Tsp maple syrup
 - ¼ Tsp salt
 - 1-2 Tbls water

Place all items except water into food processor or blender and pulse for 10-30 seconds until smooth. If too thick add water 1 Tbl at a time until desired sauce consistency is reached.

2. **Protein:** Slice tempeh/tofu into 3 oz slabs. Heat pan and add 1-2 tsps of olive oil. Pan sear one side, turn and sear other side while adding 1-2 tsps of tamari or soy sauce. Remove from heat and dice. Additionally alternate protein may be prepared ahead of time (such as halibut or chicken seasoned with salt, pepper, butter and lemon and baked until done), refrigerated and reheated to room temperature and diced for bowl.
3. **Grains may be prepared ahead of time.** Rice and Quinoa are prepared on stove top. 1 cup brown rice to 2 cups water and/or broth (chicken broth or chicken base works well here), salt and pepper to taste. Place mixture in small pan with lid. Bring to a boil under high then turn burner to low, cover and cook for approximately 10 minutes longer until all liquid is absorbed. Added color and texture, mix brown rice with quinoa (3 to 1 mixture) and same liquid and seasoning ratios and cooking preparation to prepare a mixed grain element. Set aside.
4. **Crunchy Garbanzo Beans**-Roasting garbanzo beans (chickpeas) in the oven yields a crunchy, protein-packed snack. The secret to ultimate crispiness is drying them completely before baking. Preheat oven to 400° F. Open, drain and rinse 15 oz can of garbanzo beans. Spread out on sheet pan lined with parchment paper. Use paper towels or tea towel to dry beans. Toss with 1 tablespoon of olive oil, salt and pepper to taste and bake for 25–30 minutes, shaking the pan halfway through. Set aside. The crunchy beans can be stored, however in a closed container they will lose some of their crunchy – easy to re-crisp them in the oven or in a pan on the stove.
5. **Assemble 4 bowls**
 - Place grain portion on bottom of bowl.
 - Place microgreens on top of grains.
 - Spread carrots, red cabbage and bell peppers throughout bowl for color and to evenly distribute colors and textures of the various vegetables.
 - Fan thin slices of radishes out over half a bowl in this next layer.
 - Cut protein into small bite size cubes and place on top of microgreen/vegetable mixture.

- Sprinkle crunchy garbanzo beans over entire top of bowl.
- Ladle approximately 2-3 ozs. of peanut sauce across the top of the bowl mixture and serve.

Optional: Substitute Romanesco sauce for peanut sauce. Substitute lettuce or lettuce mixture for microgreens. Add sliced avocado and toasted nuts for additional protein and richness.

Romesco Sauce:

- 1 Red Pepper cut in small pieces

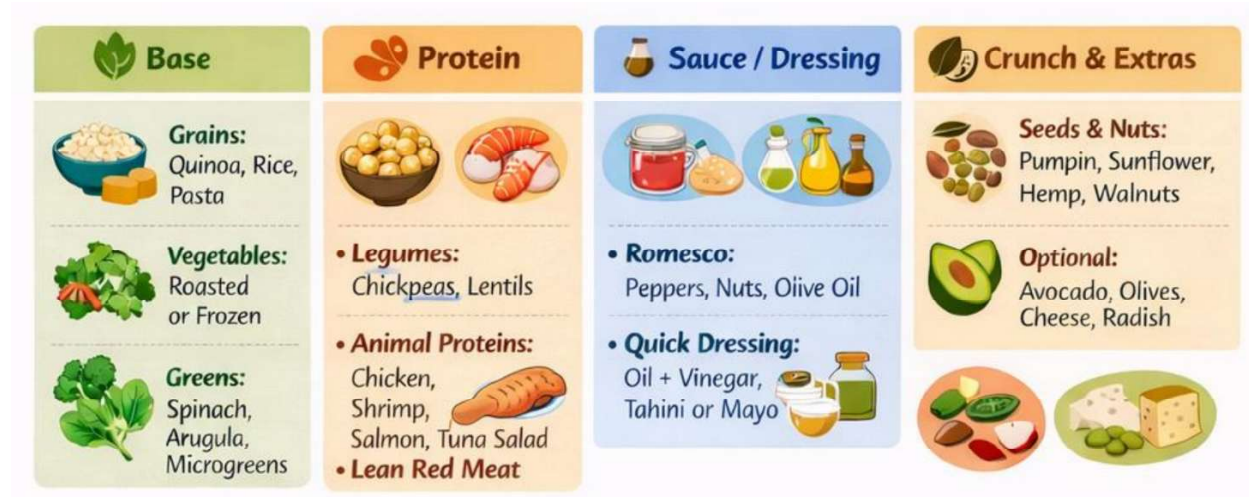
2 oz whole Almonds

2 Tbsp Olive Oil

Garlic Clove

1 tsp Paprika (smoked paprika optional). Add all ingredients to food processor or blender and process until smooth.

Salt & Lemon Juice to taste



Build-Your-Own Flavorful Bowl

Plant-forward, flexible, and full of flavor!