

Asian-Influenced Heavenly Grain Bowl

Swick

Makes 4 servings | Active Time: 10 minutes | Total Time: 10 minutes

Chef's Notes

Customize your own one-bowl meal by choosing one item from each of the categories below.

Grain ideas: brown rice, farro, couscous, quinoa, wheat berries, or a mixture

Veggie ideas: raw veggies and/or cooked veggies like lettuce, kale, spinach, zucchini, tomatoes

Beans or legumes: black beans, lentils, kidney beans, cannellini beans

Sauce or dressing ideas: sriracha, honey mustard, lemon vinaigrette, pesto, harissa, salsa

Crunchy toppings: crushed nuts, seeds, fried shallots

Garnishes: sliced avocado, sprouts, herbs

Step 1: Making the Dish

- FOR THE DRESSING:

- 1/4 cup peanut butter
- 1 teaspoon sesame oil
- 1/4 cup rice vinegar
- 3 tablespoons soy sauce
- 1/4 cup water
- 1 to 2 tablespoons sriracha

- FOR THE BOWL:

- 3 cups cooked quinoa or brown rice or a combination of both
- 1 avocado, peeled and chopped
- 1 Roma tomato, chopped
- 1 cup shredded lettuce or chopped spinach
- 1/2 cup cooked black beans or chickpeas

In a bowl, whisk dressing ingredients together.

Portion out grains into five bowls, then top each bowl with avocado, tomato, greens, and beans. Drizzle each with dressing.