

Building Healthy Bowls



Clockwise from top-left: Bowl 1: Simple Kale Salad, Roasted Root Vegetables, Quinoa, Red Bell Peppers, Chickpeas, and Lemon Tahini Dressing. Bowl 2: Roasted Tofu, Roasted Root Vegetables, Quinoa, Little Gem Lettuce, Avocado, and Creamy Pesto Dressing. Bowl 3: Smoky Baked Tempeh, Little Gem Lettuce, Spinach, Diced Tomatoes, Avocado, Yellow Bell Pepper, Shredded Cabbage, Edamame, and Easy Peanut Sauce. Bowl 4: Simple Kale Salad, Quinoa, Avocado, Red Bell Pepper, Roasted Root Vegetables, Pan Roasted Chicken, and Creamy Balsamic Dressing. Bowl 5: Brown Rice, Edamame, Roasted Cauliflower with Cumin and Coriander, Shredded Cabbage, Roasted Salmon with Lemon, and Soy Sesame Ginger Dressing.

Recipes for items listed are included in various sessions of the Culinary Medicine Curriculum.

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.

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STEPS

1. Pick a base.

A. Start with whole grains, greens, or a combination of the two.

2. Pick a protein-rich ingredient.

A. Beans and other legumes: Prioritize this choice whenever possible for health and sustainability. You can choose plain or seasoned beans or lentils, beans or lentils turned into dips (e.g., hummus), the “Create Your Own Veggie Burgers and Patties” recipe, or anything else you can think of made with legumes.

B. Lean protein (optional): If incorporating non-plant protein foods, prioritize more healthful, lean options such as fish, seafood, poultry, or eggs prepared using healthy cooking techniques.

C. A mixture of “A” and “B”.

D. *Protein Flip* note: For optimal health benefits, choosing plant-based proteins is preferable, followed by lean proteins. However, bowls are a good opportunity to move along the spectrum of dietary changes (see “Dietary Spectrum” handout in Session 2). If one typically prefers red meat, they can consider replacing some of the red meat with lean or plant-based proteins to reduce the overall volume of red meat in the dish. Prepare the proteins using a healthy cooking technique (See “Cooking Techniques” handout in Session 2). Serving a bowl that is also rich in a variety of whole plant foods is a great way to increase the healthful ingredients while decreasing the portion size of the less healthful options.

3. Pick produce toppings.

A. Think about raw, roasted, steamed, or sautéed veggies and fresh or dried fruit.

4. Pick a sauce or dressing (see below for examples).

A. Have a variety of sauces/dressings available. This allows you to use the same basic ingredients in the other steps but completely change the flavor profile. It’s a great way to make meal prep easy and explore world flavors in the process.

B. Remember that if you choose a fat-free dressing option, add nuts, seeds, avocado, or olives to make sure you absorb the fat-soluble vitamins in the dish.

5. Optional: Add other ingredients.

A. These could include fresh or dried herbs and spices, nuts, seeds, dried fruit, etc.

6. Assemble attractively in a large bowl, leaving plenty of headspace so the items can be easily tossed with the dressing. Serve with dressing on the side and allow each person to toss and enjoy!

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