

Power Bowls



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Basic Power Bowl Formula

Yields: 1 servings

1 cup cooked whole grains

- Options: brown rice, barley, farro, quinoa, whole wheat pasta

1 1/2 cups raw and/or cooked vegetables

- Options: cucumber, lettuce, tomatoes, bell peppers, asparagus, green beans, snap peas, broccoli, Brussels sprouts, summer squash

1/2 cup cooked protein

- Options: chicken, beef, pork, fish, beans, lentils, canned tuna, eggs, tofu

1 tablespoon sauce

- Options: simple vinaigrette, hot sauce, salsa, pesto, soy sauce, barbecue sauce, etc...

1-2 tablespoons toppings

- Options: nuts, seeds, cheese, herbs, olives, avocado

Put a scoop of grains in your bowl and layer with your veggies. Add the protein on top. Drizzle with vinaigrette/sauce. Add extra toppings. Enjoy warm or cold.

Ideas for Flavor Combinations

Breakfast: grits + chopped red onions and bell peppers + scrambled eggs + chunky salsa + cheddar cheese

Mediterranean: farro + tomato and cucumbers + chickpeas + Italian vinaigrette + hummus, Kalamata olives + feta cheese

Asian Flavors: brown rice + broccoli, carrots and red cabbage stir fry + chicken + low sodium soy sauce + chopped cashews

Italian Flavors: whole wheat pasta + spinach, mushrooms, onions + ground turkey with italian seasoning + pesto sauce + parmesan cheese



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Curried Lentil and Sweet Potato Power Bowl

Yields: 4 servings

Recipe adapted from minimalistbaker.com

BROWN RICE

- 2 cups water
- Pinch of salt
- 1 cup brown rice, rinsed

POTATO

- 1 large sweet potato, cut into small wedges
- 2 Tbsp extra virgin olive oil
- 1/4 tsp sea salt

LENTILS

- Cooked lentils (canned or leftovers) + salt + curry powder

KALE

- 1 bunch organic kale or collard greens

FOR SERVING *all optional*

- 1 batch **Cilantro Chutney** (1 bunch cilantro, 2 cloves garlic, salt, pepper, juice of 1 large lime, 1-2 tablespoons extra virgin olive oil, 1-2 tablespoons water). Blend until smooth in food processor) or other store bought chutney
- Thinly sliced red cabbage
- Lime wedges

1. Preheat oven to 375 degrees F (190 C) and line a baking sheet with parchment paper.
2. In the meantime, prepare brown rice by bringing 2 cups of water and a pinch of salt to a boil in a pot with a good fitting lid. Once water is boiling, add rinsed rice and stir. Allow water to come back to a boil, reduce heat to simmer, cover with lid. Allow rice to simmer for 35-45 minutes, until all the water is absorbed. Remove from heat.
3. Add sweet potatoes, oil, and salt to the sheet pan and toss to combine. Bake for 20-25 minutes or until tender and slightly brown on the ends.
4. Prepare cooked lentils in a small pot over low heat. Season to taste with salt and curry powder.
5. Next, prepare kale by heating a rimmed skillet or pot over high heat and adding 1/2 inch of water. Bring to a boil. Then place a steamer basket on top. Add kale and cover. Steam for 2-3 minutes or until just wilted and bright green. Remove from pot and set aside.
6. Lastly, prep any remaining serving items, such as chutney, sliced cabbage, or cilantro (all optional).
7. Divide sweet potatoes, curried lentils, brown rice, kale, and any additional items between serving bowls and enjoy. Best when fresh. Store leftover ingredients separately in the refrigerator up to 3-4 days.