

Ingredients

# Mix and Match Grain Bowl



Adapted from *FoodHero.org* 



• 2 cups chopped **vegetables** (raw or cooked any way you choose)

- 12 ounces **cooked protein**, cut bite-sized (about 2 cups)
- ½ cup topping
- <sup>1</sup>/<sub>4</sub> to <sup>1</sup>/<sub>2</sub> cup **sauce** or dressing



### **Directions**



Yield: 4 servings

Serving size: 1/4 recipe

- 1. Wash hands with soap and water. Gather ingredients and 4 bowls.
- 2. Spoon about ½ cup of the grain into each bowl.
- 3. Arrange ½ of the vegetables and protein on top of or around the grains in each bowl.
- 4. Drizzle 1 to 2 Tablespoons of the dressing over each bowl.
- 5. Sprinkle 1 Tablespoon of topping over the top.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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- 2 cups cooked grains
- 2 cups chopped **vegetables** (raw or cooked any way you choose)
- 12 ounces **cooked protein**, cut bite-sized (about 2 cups)
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- ½ to ½ cup sauce or dressing



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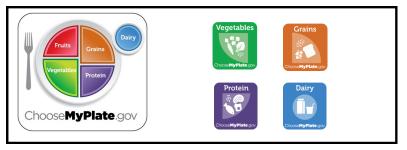
## **Fast Facts**





### Featured Food Groups





### Cooking Tips



#### Ingredient Ideas:

Protein - try cooked chicken, beef, pork, seafood, tofu, tempeh, beans, lentils or eggs

Vegetables – use any mixture of fresh, frozen or canned

Grains – try whole grains such as brown rice, quinoa, buckwheat or oats

Second Harvest is an equal opportunity provider.

#### **Nutrition Facts** 4 servings per container 1/4 recipe (242g) 320 Calories Daily Value\* 13% Total Fat 10g Saturated Fat 2g 10% Trans Fat 0g Cholesterol 30mg 10% Sodium 220mg 10% Total Carbohydrate 33g 12% Dietary Fiber 5g 18% Total Sugars 4g Includes 0g Added Sugars 0% Protein 22g Vitamin D 1mcg 6% Calcium 102mg 8% Iron 2mg 10% Potassium 220mg 4% Vitamin A 22mcg 31 % \*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2 000



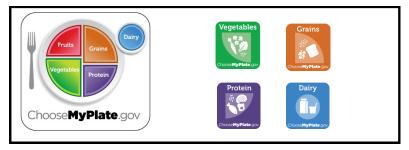
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