



# Mix and Match Grain Bowl



## Ingredients



Adapted from *FoodHero.org*

- 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)
- ¼ cup **topping**
- ¼ to ½ 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 ¼ 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](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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# Fast Facts



## Featured Food Groups



Vegetables  
ChooseMyPlate.gov

Grains  
ChooseMyPlate.gov

Protein  
ChooseMyPlate.gov

Dairy  
ChooseMyPlate.gov

## 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

Nutrition Facts	
4 servings per container	
Serving size	1/4 recipe (242g)
Amount per Serving	
<b>Calories</b>	<b>320</b>
% Daily Value*	
<b>Total Fat</b> 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 220mg	10%
<b>Total Carbohydrate</b> 33g	12%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein</b> 22g	
Vitamin D 1mcg	6%
Calcium 102mg	8%
Iron 2mg	10%
Potassium 220mg	4%
Vitamin A 22mcg	2%
Vitamin C 28mg	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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