



Easy Power Bowls

What better way to get all of your nutrients than to put them all in a bowl?

Make your own easy, healthy recipe by following the guide below and adjust to your participants' taste buds.

1. Grains

To start creating your bowl, first choose a healthy grain to create a base. Some great options are quinoa, wild rice, buckwheat noodles or millet.



2. Produce

Give your bowl some color by layering in your favorite fruits and vegetables. Choose one serving of each, or two servings of different vegetables. Examples include carrots, avocados, cucumbers, beets, berries, mangoes or apples.



3. Protein

Add a meat alternate like tofu, cheese, legumes or boiled eggs. Or, include a meat like grilled chicken, turkey or tuna. You can even have a little of each - just make sure you have the correct serving size!



4. Dressings and Toppings

Express yourself! Choose a healthy dressing like olive oil, apple cider vinegar and lemon juice. Sprinkle with toppings, such as nuts and seeds, for added texture.



Rainbow Bowl



For ages 3-5:

1/2 oz eq grains, 1 1/2 oz meat/meat alternate, 1/4 cup vegetable and 1/4 cup second vegetable

- Scoop 1/4 cup of cooked brown rice for the base. Try flavoring this with cilantro and lime juice!
- Add some vegetables:
 - 1/4 cup corn
 - 1/4 cup diced avocado
- Round it out with meats and meat alternates. For a little heat, try seasoning with ground spices like chili powder, coriander, cumin or cayenne:
 - 1 oz grilled chicken, diced
 - 1/8 cup black beans, drained and heated
- If desired, top with shredded cheese and tortilla strips

For adults:

2 oz eq grains, 2 oz meat/meat alternate, 1/2 cup vegetable and 1/2 cup second vegetable

- Scoop 1 cup of cooked brown rice for the base. Try flavoring this with cilantro and lime juice!
- Add some vegetables:
 - 1/2 cup corn
 - 1/2 cup diced avocado
- Round it out with meats and meat alternates. For a little heat, try seasoning with ground spices like chili powder, coriander, cumin or cayenne:
 - 1 oz grilled chicken, diced
 - 1/4 cup black beans, drained and heated
- If desired, top with shredded cheese and tortilla strips

**For ages 6-18, use adult recipe with 1/2 cup brown rice*

For ages 3-5:

1/2 oz eq grains, 1 3/4 oz meat alternate, 1/4 cup vegetable and 1/4 cup second vegetable

- Scoop 1/3 cup of cooked quinoa for the base
- Add bright vegetables:
 - 1/8 cup quartered cherry tomatoes
 - 1/8 cup shredded carrots
 - 1/8 cup diced yellow bell peppers
 - 1/8 cup shredded purple cabbage
- Finish off with some colorful meat alternates:
 - 1/4 cup cooked edamame
 - 1/2 large hard-boiled egg, sliced
- If desired, drizzle on tahini or green goddess dressing

For adults:

2 oz eq grains, 2 oz meat alternate, 1/2 cup vegetable and 1/2 cup second vegetable

- Scoop 1 cup of cooked quinoa for the base
- Add bright vegetables:
 - 1/4 cup quartered cherry tomatoes
 - 1/4 cup shredded carrots
 - 1/4 cup diced yellow bell peppers
 - 1/4 cup shredded purple cabbage
- Finish off with some colorful meat alternates:
 - 1/3 cup cooked edamame
 - 1/2 large hard-boiled egg, sliced
- If desired, drizzle on tahini or green goddess dressing

**For ages 6-18, use adult recipe with 2/3 cup cooked quinoa*

Southwest Bowl

