

[Non-Recipe] Recipe: Power Bowls



Power Bowls are easy to throw together! Mix and match different ingredients for endless possibilities. Even better, these bowls can be prepared ahead of time, so they make great grab-and-go meals.

1. Begin with a base.

Cook grains in bone broth or vegetable stock instead of water for extra flavor and nutrients!

Barley	Brown rice	Cauliflower rice
Quinoa	White rice	

2. Pump up the protein.

Prepare a large batch of protein or use leftovers from a previous meal.

Bean	Chicken breast	Eggs (fried or poached)
Salmon	Shrimp	Steak
Tempeh	Tofu	

3. Veg out!

Select at least three different colored vegetables to get a variety of nutrients in your bowl.

ROASTED/GRILLED:

Broccoli	Butternut squash	Carrots
Cauliflower	Corn	Eggplant
Sweet potato	Zucchini	

RAW/FRESH:

Cabbage	Carrots	Cucumber
Kale	Radishes	Red onion
Spinach	Tomatoes	

4. Top it off.

Don't skip the toppings – they can take your bowl from dull to delicious!

Chopped nuts	Chopped olives	Cheese
Fresh chopped herbs	Seeds	Sliced jalapeño

5. Drizzle with dressing.

Put dressing in a small container to add before eating if you're making bowls ahead of time.

Hummus	Pesto	Salad dressing
Salsa	Teriyaki sauce	Yogurt

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