



Nancy's Nourishing Kitchen

Nourishing Bowls – Anything Goes

One Bowl Meals

Main components and the principles behind building a delicious bowl.

1. Base: Grain: eg: quinoa, brown rice, farro, wheat berries, polenta, millet...
2. Protein: beans, legumes, tempeh, tofu, chicken, bacon, salmon, hard boiled egg...
3. Vegetables: an assortment of roasted or sautéed. eg: beets, butternut squash, sweet potatoes, broccoli, parsnips, cauliflower, asparagus, string beans, mushrooms...
4. Raw: cherry tomatoes, cucumbers, radishes, carrots, cabbage, leafy greens...
5. Caramelized onions or shallots add a rich flavor.
6. Creamy: avocado or feta cheese or hummus.
7. Sprinkle with Crunch and Flavor: nuts, seeds, fresh or dried fruit and fresh herbs such as basil, parsley, cilantro or thyme.
8. Drizzle with Sauce like cashew cream, creamy tahini dressing, pesto or vinaigrette.
9. Season with sea salt and pepper. Play with other spices: smoked paprika, garam masala...

Recap:

- grain
- protein
- cooked vegetables
- something raw and fresh
- something crunchy
- something creamy
- fresh herbs
- dressing or sauce
- salt and pepper

Bowls are a great way to enjoy left overs.

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