

Fresh Ontario grain bowl

A Fresh Ontario Grain Bowl is a delicious “meal in a bowl” that can be enjoyed for lunch or dinner. Set-out a variety of ingredients and each family member can assemble their own “bowl”.

Ingredients (for our version)

- Barley, cooked
 - Black beans, canned rinsed, drained
 - Spinach (buy bagged pre-washed)
 - Red pepper, cut in strips
 - Orange/yellow pepper, cut in strips
 - Cucumber, chopped
 - Feta, crumbled
- Dressing:
- 2 tbsp oil
 - 1 tbsp white balsamic vinegar
 - 1 tbsp unsweetened apple juice
 - 1/2 tsp minced garlic
 - 1/2 tsp dried oregano leaves
 - 1/4 tsp Dijon mustard

Directions

1. Fill your bowl using a variety of ingredients:

Choose a Grain (Cooked):

- Barley
- Wheat Berries
- Quinoa
- Brown Rice
- Whole Wheat Couscous
- Whole Wheat Pasta

Choose a Protein:

- Black Beans
- Hard Boiled Eggs
- Chickpeas
- Edamame
- Kidney Beans
- Cooked Chicken/Turkey

Choose Some Vegetables:

- Peppers (any color)
- Cucumbers
- Spinach
- Grape Tomatoes
- Mushrooms
- Zucchini
- Cabbage, shredded (red, green)
- Asparagus
- Broccoli
- Cauliflower
- Carrots, shredded

Choose a Protein:

- Black Beans
- Hard Boiled Eggs
- Chickpeas
- Edamame
- Kidney Beans
- Cooked Chicken/Turkey

Choose A Topping:

- Black Olives, sliced
- Sprinkle of Feta Cheese
- Avocado
- Shredded Cheese
- Green Olives, sliced
- Pumpkin seeds

Finish-off With a Dressing:

- Hummus
- Greek Yogurt
- Oil and Vinegar/Lemon Juice
- Pesto
- Vinaigrette
- Chiptole

2. Place all dressing ingredients into a jar with a lid and shake to combine.

Yield: 5 bowls
Prep time: 20 minutes
Cook time: 5 minutes



GrainFact:

Wheat berries are the whole wheat kernel that hasn't been shelled or processed in any way.



www.GoodInEveryGrain.ca

• Smart, healthy, delicious Ontario grains •