

Grain Bowl

Whole grains, such as brown rice and quinoa, are delicious and versatile and full of vitamins, minerals and fiber.

Makes: 6 servings
 Prep Time: 20 minutes
 Cook Time: approx. 35 minutes

Source: teamnutrition.usda.gov

Ingredients

- 1 cup brown rice
- 1/2 cup quinoa
- 3 cups water
- 1/4 cup chickpeas
- 1/4 cup broccoli (frozen or fresh)
- 2 medium carrots (1 cup)
- 1 teaspoon garlic powder
- 2 Tablespoons basil
- 1 Tablespoon oregano
- 2 Tablespoon low-fat cheese (optional)

Directions

1. Wash hands
2. Measure 3 cups of water in a pot, cover the pot until water is boiling.
3. Rinse the brown rice and quinoa in colander before cooking.
4. Once water is boiling, add brown rice and cook at medium heat for 40 minutes.
5. When brown rice is halfway cooked, add 1/2 cup of quinoa, stir.
6. Add salt, garlic and oregano.
7. After rice and quinoa are cooled, you can build your grain bowl.
8. Add layers of vegetables and optional low fat cheese.



Small Changes,
 BIG Difference!

Click image to watch the recipe video



Nutrition Information

Serving Size: 1 Cup

Nutrients	Amount
Calories:	120
Total Fat:	2g
Saturated Fat:	1g
Cholesterol:	N/A
Sodium:	260 mg
Total Carbohydrates:	20 g
Dietary Fiber:	1 g
Total Sugars:	1 g
Added Sugars:	0 g
Protein	2 g

Utensils Needed

- Knife
- Cutting Board
- Measuring utensils
- Large cooking pot
- Spoon
- Bowls

SHOPPING LIST

Average total cost without oil and seasonings: \$8.54

Average cost/serving: \$2.87

Recipe makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Whole Grain Brown Rice



Add 1 to Cart
Broccoli (Frozen or fresh)



Add 1 to Cart
Quinoa



Add 1 to Cart
Basil



Add 1 to Cart
Chick Peas



Add 1 to Cart
Low Fat Shredded Cheese (8 oz)



Add 1 to Cart
2lb bag of Carrots

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage Tips

- Serve immediately. Refrigerate any leftovers within 2 hours.
- Uneaten food should never get returned to the serving dish.
- Store topping and cooked rice separate to keep the vegetables crisp.