



Mighty Bowls of Goodness

Create a colorful, nutritious and delicious one-dish meal.

Here's an easy—and filling—way to mix and match the bounty of the season into a big bowl of mighty goodness. Choose your favorite bean and grain, and then add in veggies, greens and spices.

Quick Tip: Start your week by pre-cooking your favorite grain and bean varieties and prepare a selection of veggies. With those bases covered you can assemble these mighty bowls in a flash.

| Whole grain or Starchy Veggie <i>Cooked</i> <i>½-1 cup</i> | Bean <i>Cooked</i> <i>1-cup</i> | Greens <i>Lightly steamed or raw</i> <i>1 cup</i> | Veggies <i>Roasted, lightly steamed or raw</i> <i>½-1 cup</i> | Herbs & Spices <i>To taste</i> | Condiments or Sauces <i>2 tbsp or to taste</i> |
|---|---|--|---|--|--|
| Rice: <i>brown, red, wild</i> Quinoa Millet Whole-wheat couscous Buckwheat Kamut®: <i>wheat, spelt</i> Barley Sweet or other potato <i>Baked or steamed</i> <i>Mashed or cubed</i> Butternut or other winter squash <i>Baked or steamed</i> <i>Mashed or cubed</i> Whole-grain pasta: <i>wheat, corn, rice</i> | Red beans: <i>kidney, adzuki (aduki)</i> White beans: <i>cannellini, navy</i> Green: <i>split pea, lima</i> Lentils: <i>brown, black, green</i> Soybeans: <i>tofu, tempeh</i> | Kale: <i>all varieties</i> Collards Bok Choy Chard Spinach Cabbage Watercress Lettuces: <i>any</i> Sprouts: <i>any</i> | Broccoli Brussels sprouts Asparagus Carrots Cauliflower Mushrooms Onions Corn Peas Artichokes Peppers Tomatoes | All dried spices All fresh herbs Parsley Cilantro Basil Ginger Garlic Chives Green onions Chilies Nutritional yeast Nori Cayenne | Fresh salsas Hot sauces Lemon juice Lime juice Oil-free dressing of your choice: <i>creamy or vinegar based</i> Vinegars: <i>plain or infused</i> Tamari |

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