



TURMERIC BASMATI POWER BOWL

Bursting with color, flavor and nutrients, this rice bowl is inspired by the sweet and savory flavors of the Middle East. Featuring golden U.S.-grown basmati rice and crispy chickpeas, this bowl of goodness is sure to be a favorite. Swap out chicken for tofu or seitan to make this recipe fully plant-based!

INGREDIENTS:

1 can chickpeas, drained
1 tablespoon olive oil
2 teaspoon garlic power
salt and pepper to taste
2 tablespoons olive oil
3 cloves garlic, minced
1 cup U.S.-basmati rice
1¼ cup water
½ cup coconut milk

2 teaspoons turmeric
½ teaspoon salt
¼ teaspoon black pepper
2½ cups greens
½ cup red seedless grapes, washed and
halved
½ cup pickled or raw red onion
½ cup crumbled feta cheese
2 servings cooked chicken (optional)

DIRECTIONS:

1. Preheat the oven to 425 degrees F. Drain the can of chickpeas and dry them off using a paper towel. Spread them on a baking sheet and season with olive oil, garlic powder and salt and pepper. Roast for 30 minutes, flipping halfway through.
2. While the chickpeas roast make the coconut turmeric rice. In a medium-sized pot, heat the olive oil over medium heat and the minced garlic, cooking until fragrant. Add the basmati rice, cooking for about a minute by itself before adding turmeric, black pepper and salt and then the water and coconut milk.
3. Stir everything together until combined and bring to a boil before reducing to low heat. Cover and simmer for about 10 minutes until all the liquid has been absorbed and the rice is creamy and plump.
4. Assemble the bowls with a base of greens topped with coconut turmeric basmati rice, crispy chickpeas, halved grapes, pickled red onion, feta. Add cooked or rotisserie style chicken if desired or leave off for a plant-based version. These bowls are also delicious with a big dollop of hummus on top! Enjoy!

BUILD A BETTER GRAIN BOWL IN 4 EASY STEPS

One of the best parts about creating rice bowls is that there is no recipe required. Start with U.S.-grown rice as the star and customize the bowl using your favorite pantry staples or fresh foods. Follow this formula for a satisfying rice bowl!

1 Start With White or Brown Rice

- Choose any variety (such as long grain, jasmine, sushi, wild, and many more) and as a whole grain (brown) rice or white rice.

2 Choose Your Protein

- Plant-based: beans, tofu, seitan, tempeh
- Fish: canned tuna, cooked shrimp, flaked fish, salmon
- Meat: cooked chicken, beef, pork

3 Make the Most of Produce (choose as many as you want)

- Vegetables: cherry tomatoes, raw or steamed kale or other greens, grilled corn, green beans, sliced red onions, sliced avocado, cabbage, kimchi
- Fruit: sliced grapes or apples, cubed mango, dates, pomegranate seeds, unsweetened dried fruit

4 Garnish for Texture and Flavor (add 2-3)

- Add pickled ginger, black or white sesame seeds, thinly-sliced scallions, chopped fresh herbs like mint or cilantro, sliced olives, microgreens, shaved parmesan, crumbled cheese, chopped nuts, shredded nori (dried seaweed)

**FOR MORE RECIPES AND INFORMATION ABOUT
U.S.-GROWN RICE, VISIT WWW.THINKRICE.COM**



Build a Better Rice Bowl in 4 Easy Steps



FROM LUNCHTIME TO ANYTIME! THINK RICE FOR GRAIN BOWLS

Rice Rules!

With only 100 calories per half-cup cooked and no sodium or cholesterol, U.S.-grown rice is the ideal base to elevate any grain bowl. In addition to being gluten-free and the least allergenic of all grains, U.S.-grown rice is packed with nutrients, including 15 vitamins and minerals, such as B-vitamins, iron and zinc. It is also comprised of complex carbohydrates that are more slowly digested and provide energy that fuels the body's physical activity!



Why Rice Bowls?

Fun and delicious, rice bowls are packed with nutrition and are super versatile – which allows you to flex your creative culinary muscle. In case you're new to rice bowls, they are a complete meal composed of a rice as the hearty base, a protein of choice, and lots of vegetables and toppings – with the final product usually being both flavorful and aesthetically appealing. One of many nutritional perks of rice bowls is that they can be customized based on your dietary needs and preferences. As a quintessential comfort food and intrinsic part of cultural cuisines, using rice as a base ingredient is a simple way to experiment with and try new foods and flavors.

In addition, rice bowls are a great way to keep your stomach and wallet full. A time-honored staple in most kitchens, rice is inexpensive and easy to find. Since there is so much flexibility in creating rice bowls, you can choose ingredients on sale or others that fit your budget.

Rice bowl photo (above) by Annie Spratt on Unsplash

FLAVORFUL RICE BOWL RECIPES WITH A CULTURAL TWIST

In need of some inspiration? Go on a culinary adventure with these uniquely flavored rice bowl recipes, created by registered dietitians! Check out more recipes for the whole family at www.thinkrice.com.

Meal Prep Secrets for Great Rice Bowls

Rice bowls may seem complicated, but they're simple and meal prep-friendly once you have the ingredients prepped and ready to use. These versatile bowls can be easily prepped in advance and enjoyed throughout the week, plus they are a great way to clean out the fridge and make use of perishable ingredients and leftovers.

Follow these simple tips toward mindful meal prep to make building rice bowls a breeze:

- Cook rice in advance and store in the fridge. Invest in a rice cooker to make large batches of rice even easier
- Prep protein – cook meats in advance, then cut into individual portions and store in the fridge. For plant-based proteins such as tofu, drain, cut, and store in the fridge
- Roast a sheet of vegetables – chop up your favorite veggies and roast them on one lined baking sheet. Cool and store in the fridge
- Rinse, clean and slice raw produce and store in airtight containers
- Layer all desired ingredients in individual containers, cover tightly and store in the fridge. They will be good for about 4 to 5 days



Deliciously simple with an Asian-style flare, this nutritionally balanced rice bowl features aromatic U.S.-grown jasmine rice, salmon and a firecracker peanut sauce that will become your go-to sauce for any rice-based dish!

INGREDIENTS:

1 cup jasmine rice
2 tablespoons extra virgin olive oil
4 skin-on salmon fillets (6-ounce)
salt and pepper (to taste)
2 cups shredded cabbage
3 tablespoons green onion, thinly sliced
1 tablespoon rice vinegar (or lime juice)
1/3 cup roasted peanuts, roughly chopped

Firecracker Peanut Sauce

1/4 cup creamy peanut butter
2 tablespoons lower-sodium soy sauce
2 tablespoons Thai sweet red chili sauce
1 1/2 tablespoons rice vinegar
1 tablespoon sesame oil (not toasted)
1 garlic clove, minced
1 teaspoon ginger, freshly grated

DIRECTIONS:

1. Combine rice, 2 cups of water, and a dash of salt in a small saucepan. Bring the mixture to a light boil, cover the pot, and reduce heat to low. Let the rice simmer for 13 to 15 minutes, until most of the water is absorbed. Replace the lid and turn off the heat. Allow the pot to sit, undisturbed, for another 10 minutes, or until you're ready to assemble the bowls.
2. Prepare the Firecracker Peanut Sauce by combining peanut butter, soy sauce, red chili sauce, vinegar, sesame oil, garlic, and ginger in medium bowl. Stir mixture with a whisk until smooth. If needed, whisk in 1 Tbsp. water to thin out to desired consistency.
3. Prepare the salmon by seasoning the flesh with salt and pepper. Heat olive oil in a large skillet over medium-high heat. Once hot, Place the fish skin-side down in the pan, pressing down firmly with a spatula. Let the salmon cook about 3 minutes, until it appears ~75% cooked on the sides. Flip the salmon, turn off the heat, and cook for 1 to 3 more minutes, depending on thickness, until cooked through. Remove from heat.
4. Combine shredded cabbage, green onion, vinegar (or lime juice), and a dash of salt in a medium bowl; toss to combine.
5. Divide rice evenly into each of four bowls. Top each bowl with one salmon fillet and a spoonful of cabbage slaw. Next, drizzle peanut sauce evenly over all components, and garnish with chopped peanuts and extra green onion, if desired.