

Grain + Bowl

yield: 4 portions

Note: The cut styles & sizes (e.g., julienned, small diced) are suggestions—use whatever feels most comfortable for you.

Make It Easy: This meal can be presented as Assemble-Your-Own. Simply have the components available so people can build as they wish.

Components:

3.5 c Cooked Farro
1 c yellow squash, small dice
4 x 4 oz Lightly Roasted Chicken Breasts, large dice
3/4 c red cabbage, shredded (2" shred)
1 c Steamed Green Beans, cut in half
1 c Marinated Cucumbers
3/4 c wasabi-soy almonds
1 ea avocado, seeded, peeled, quartered, & sliced
1 c carrots, peeled, julienned
4 T peppers, small - med diced
4 tsp everything seasoning
1 c Crunchy Chickpeas

Citrus-Miso Sauce (Yield: 1.33 c):

+ 1/4 c soy sauce
+ 1/4 c white miso
+ 4 cloves garlic, peeled (~3-4 t, minced)
+ 2/3 oz ginger root, peeled (~5tsp, minced)
+ 3 T rice vinegar
+ 6 T lemon juice
+ 1 T onion
+ 1/4 c honey
+ 3 T toasted sesame oil

Directions:

Blend all ingredients for the Citrus-Miso Sauce at high speed in a blender. Set aside for plating.

To plate, divide the cooked farro among 4 serving bowls. Arrange toppings in an aesthetically pleasing manner. Sprinkle with everything seasoning. Serve with 2 fl oz of sauce on the side. You should have a little extra sauce for anyone who would like more.

To eat, pour the sauce over the grain bowl & mix thoroughly.