

Summer eating is all about fresh and local foods. Bowls offer a simple way to combine garden fresh produce and other nutritious foods for a tasty, visually appealing and satisfying meal! The beauty of bowls is that they are completely flexible. Don't like tofu? Grill some salmon or chicken instead. No spinach for you? Easily substitute baby kale, bok choy or your personal "go to". Bowls are also a good place to gently push our taste buds' boundaries. The stronger flavor of kale can be balanced (or hidden) with a bit of sweetness from snow peas, corn, carrots or dressing. Use this easy guidelines to Build A Bowl!

Foundation

This is the canvas of your bowl. Choose a grain (rice, pasta, rice noodles, farro, couscous, quinoa) or legume; fresh cooked or canned beans or lentils. Both of these can be cooked ahead for added convenience and a boost to GI health. Resistant starches such as cooked and cooled rice and legumes are prebiotics (a food source for friendly bacteria in the gut).



Veggies

Go seasonal! Vegetables can be chopped earlier in the week, kept separately in the fridge & layered into your bowl. A chopped salad or slaw is a great addition. Cruciferous vegetables, such as broccoli, cabbage and cauliflower contain powerful antioxidants and are anti-inflammatory. Sea vegetables and fresh greens provide even more nutritional benefits. Leftovers from the grill add wonderful flavor and are good warm or chilled.



Flavorizers & Vitality Boosters

Pump up the flavor of your bowl while adding a powerful nutritional punch with carefully chosen oils, herbs and spices. Sprinkle your favorite herb on top or mix it into a homemade dressing. Layer in some healthy fats such as olives, avocado, walnuts, tahini or sunflower seeds. Toast your own nuts and seeds. Fermented foods such as sauerkraut, kimchee and fermented relishes or chutneys are also prebiotics that boost the microbiome.



Protein

Every bowl should have some.

Choose from:

Plant: tofu, tempeh

Seafood: fresh or high quality canned

Meat: grilled /seared meat or poultry

Recipes

Vitality Boosting Asian dressing – 2T Rice wine vinegar, 3T tamari or soy sauce, 1T Honey, 1t Sesame oil, 1t toasted sesame seeds, 1t grated ginger

Avocado Citrus dressing – 1 avocado, 1/3 cup orange juice, 5T lemon or lime juice, ¼ cup chopped fresh basil or cilantro, 1 clove garlic, ¼ t salt, Dash pepper or cayenne, Optional olive oil or water to extend dressing.

Greek Salad Bowl with Avocado Tzatziki
Spring Vegetable Buddha Bowl
Arugula, Farro Salad with Raspberry Vinaigrette

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For a personalized approach to eating and improving your health see Terry Passano. Appointments are free of charge to students, faculty and staff.

Click [here](#) for healthy dining options.