

Build-a-Bowl



A simple strategy to construct a nutritionally balanced meal

1) Complex Carbohydrates	2) Non-Starchy Vegetables	3) Proteins	4) Sauces and Seasonings	5) Add Ons
Whole Grains <ul style="list-style-type: none"> • Barley • Buckwheat • Bulgur • Farro • Millet • Quinoa • Whole Grain Rice • Wild Rice Starchy Vegetables <ul style="list-style-type: none"> • Corn • Potatoes • Winter Squash (Acorn, Butternut, Delicata, Hubbard, Kabocha) • Yams 	<ul style="list-style-type: none"> • Arugula • Asparagus • Beets • Bok Choy • Broccoli • Cabbage • Carrots • Cauliflower • Celery • Cucumber • Eggplant • Green Beans • Kale • Lettuces • Mushrooms • Onions • Peppers • Radishes • Spinach • Summer Squash • Tomatoes • Zucchini 	<ul style="list-style-type: none"> • Beans • Beef • Chicken • Cod • Crab • Duck • Eggs • Halibut • Hummus • Lamb • Lentils • Nuts • Pork • Salmon • Seeds • Shrimp • Soybeans • Tempe • Tofu • Tuna • Turkey 	Sauces <ul style="list-style-type: none"> • Avocado Cilantro Lime Sauce • Chipotle Mayo • Lemon Honey Tahini • Peanut Sauce • Pesto • Ranch Dressing • Vinaigrette Seasonings <ul style="list-style-type: none"> • Fresh Herbs • Grated Ginger • Roasted Garlic • Ground Spices 	Healthy Fats <ul style="list-style-type: none"> • Avocado • Nuts <ul style="list-style-type: none"> ◦ Almonds ◦ Cashews ◦ Pecans ◦ Pinenuts ◦ Pistachios ◦ Walnuts • Seeds <ul style="list-style-type: none"> ◦ Flax ◦ Hemp ◦ Pumpkin ◦ Sesame ◦ Sunflower Digestives <ul style="list-style-type: none"> • Kimchi • Pickles • Sauerkraut • Vinegar • Yogurt

Instant Pot Fall Tortellini Soup

Adapted from SimplyHappyFoodie.com

Ingredients:

- 1 Tbs olive or sunflower oil
- 1 small sweet onion, diced
- 2 ribs of celery, chopped
- 1 bay leaf
- 4 cloves of garlic, minced
- 1 (14oz) can Diced Tomatoes, with juice
- ½ tsp dried thyme
- ½ tsp Italian seasoning
- 1 tsp salt
- ½ tsp black pepper
- 1 sprig of fresh rosemary
- 5 cups of vegetable or chicken broth
- 1 (15) oz can garbanzo beans, drained and rinsed
- 2 small zucchinis, diced
- 9 oz Cheese tortellini (Or flavor of choice)
- 2 cups baby spinach or kale (optional)
- To Garnish: Chopped Parsley or Basil, Grated Parmesan



Instructions:

1. Select the sauté function on the Instant pot. When the display reads hot, add the oil.
2. Add onions, carrots, celery, and bay leaf. Cook until tender, stirring occasionally.
3. Add the garlic and cook until aromatic, about thirty seconds.
4. Add the tomatoes, thyme, Italian seasoning, salt, pepper, and rosemary. Stir to combine.
5. Add the broth, garbanzo beans, zucchini, and tortellini.
6. Place the lid on the pot and set the steam release knob to sealing (Not necessary on the Ultra)
7. Select the Pressure cook (on Ultra) or manual function. Set timer to three minutes.
8. When cook cycle ends, allow the pot to naturally release pressure for five minutes. Then manually release the remaining pressure by turning the knob to venting. Push the venting button down to release pressure with the Ultra.
9. When the pin on the lid drops down, open the lid and stir.
10. Add spinach or kale, if using, and stir to combine
11. Add salt to taste. Garnish with basil or parsley, and parmesan cheese.

Nutrients per Serving: 212 calories, 5.6 g fat, 30.9 g carbohydrate, 3g fiber



Pesto Chicken & Cannellini Bean Soup

Ingredients:

Makes about 8

2 tablespoons extra-virgin olive oil
1 cup chopped onion
2 large cloves garlic, minced
1 tablespoon chopped fresh oregano or 1 teaspoon dried
1 tablespoon chopped fresh marjoram or 1 teaspoon dried
8 cups low-sodium chicken broth
2 pounds bone-in chicken breasts, skin removed
3 cups sliced fennel
3 cups broccolini (1-inch pieces; about 1 bunch)
2 cups chopped tomatoes
1 15-ounce can cannellini beans, rinsed
1 1/4 teaspoons salt
1/2 teaspoon ground pepper
1/4 cup prepared pesto



Picture courtesy of Eating Well.com

Instructions:

1. Heat oil in a large pot over medium heat. Add onion and garlic and cook, stirring occasionally, until softened, 2 to 3 minutes.
2. Add oregano and marjoram; cook, stirring, for 1 minute. Add broth and chicken. Cover, increase heat to high and bring to a simmer.
3. Uncover and cook, turning the chicken occasionally, until an instant-read thermometer inserted into the thickest part without touching bone registers 165°F, 20 to 22 minutes. Skim any foam from the surface as the chicken cooks.
4. Transfer the chicken to a clean cutting board. When cool enough to handle, remove the meat from the bones and shred.
5. Meanwhile, add fennel, broccolini and tomatoes to the pot; return to a simmer. Cook until the vegetables are tender, 4 to 10 minutes.
6. Stir in the shredded chicken, beans, salt and pepper and cook until heated through, about 3 minutes more.
7. Remove from heat and stir in pesto.

Nutrition per Serving: 264 calories; 11g fat; 48mg cholesterol; 27g protein; 18g carbohydrates; 5g fiber; 656mg sodium; 713mg Potassium

Roasted Lemon Broccoli

Makes 6 Servings

Recipe Adapted from PinchofYum.com

Ingredients

3 cups broccoli florets (or 2- 12 oz bags)

1 Tbs olive oil

Sea salt & pepper, to taste

1-2 shallots, thinly sliced

4 oz crumbled feta cheese

2 lemons, zested

Lemon juice to taste

1-2 cloves garlic, grated or finely minced

Optional additions: roasted almonds, dried cranberries, bacon, rotisserie chicken



Preheat oven to 425 degrees. Place broccoli, shallots and garlic on a large sheet pan. Drizzle with olive oil and sprinkle with salt. Mix around until evenly coated. Roast for 20-30 minutes, until broccoli florets are browned. Transfer to a bowl. Toss with feta, lemon zest and lemon juice. Add additional salt, pepper, and olive oil to taste. Can be served hot or room temperature.

Nutrition Facts for 1/6 Recipe: 122 calories; 6.7g Fat; 5.3g Protein; 13g Carbohydrates; 3g Fiber; 232mg Sodium



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Salsa Chicken - Slow-Cooker or Instant Pot Options

4 boneless, skinless chicken breasts (or 2 lbs of thighs)

2 cups salsa of your choice

Salt & Pepper, to taste

Optional: fresh lime wedges and fresh cilantro



Place chicken in a slow cooker. Top with salsa and toss to coat. Cook on high for 4 hours (or low for 6-8 hours). If using an instant pot, cook on the poultry setting with the steam release valve sealed. Once your chicken is cooked, shred with a fork and toss to mix with the remaining juices.

Makes about 6 cups shredded chicken.

Nutrition Facts per 1/2 cup shredded chicken:

100 calories; 2 g Fat; 17g Protein; 3g Carbs; 1.5g Fiber; 340mg Sodium



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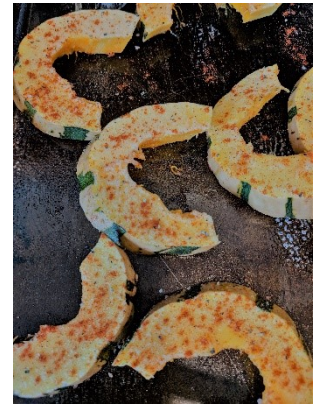
Simply Roasted Delicata Squash Slices

1 delicata squash

Canola or Olive Oil Spray

Smoked Paprika

Salt & Pepper



Preheat oven to 400 degrees.

Wash delicata and slice in half lengthwise (do NOT peel).

Scoop out seeds. Slice delicata into ¼ inch strips.

Lay flat on a baking sheet and spray lightly with cooking oil.

Add spices to taste. Roast about 15 minutes or until soft.

Enjoy hot or cold as a snack or side-dish.



Nutrition per 1 cup of Slices: 40 calories; 2g Fat; 1g Protein; 4g Carbs; 1g Fiber; 100mg Sodium

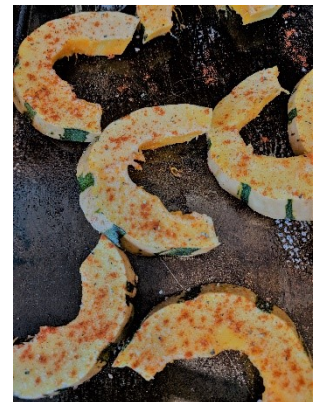
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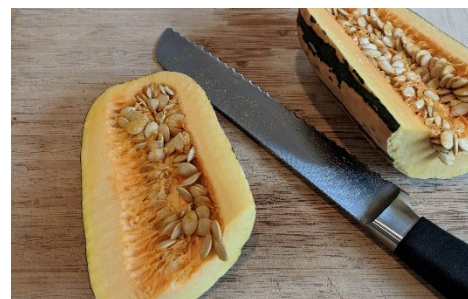
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Filipino Vegetable Peanut Stew (Kare-Kareng Gulay)

Ingredients:

4 medium Chinese eggplants, sliced diagonally into half then into 2 inch pieces
400 g long beans, slice into 2 inch long pieces
350 g bok choy, chopped ends off and leaves separated
2 tablespoon olive oil
1 yellow onion, diced
4 cloves garlic, roughly chopped
¼ cup crushed unsalted peanuts
½ cup smooth & creamy peanut butter
1 cup reduced sodium vegetable broth
1/3 cup white rice flour
2 tablespoon sugar
½ teaspoon salt



Optional (for color)

Annatto Mixture:

1½ teaspoon annatto seeds

¼ cup hot water for the annatto

For the Annatto Mixture:

Place the annatto seeds in a small bowl then pour in the hot water.

Set aside and let it soak to release its color.

Directions:

1. Heat 1 Tbsp oil using “Sauté” function, adding eggplant sauté until slightly tender, around 4 minutes. Remove and set aside. Repeat this step for the long beans then the bok choy adding a splash of water while quickly sauteing them.
2. After doing the vegetables, add in the remaining oil. Sauté the garlic and onion for 2 minutes until tender and fragrant. Add in the crushed peanuts and stir for another 4 minutes, lightly toasting the nuts. Fold in the peanut butter and mix well with the crushed peanuts.
3. Pour in the vegetable broth. Once it starts to simmer, press the “Cancel” button to turn off the “Sauté” option and mix constantly, until the peanut butter dissolves.
4. Mix in the rice flour until it dissolves as well.
5. Strain the annatto seeds if using, then add the annatto liquid to the pot and mix well.
6. Add in the sautéed vegetables. Mix well to incorporate in the sauce. Season with salt and sugar, to taste, as desired. Set to high pressure for a 15 minute cook cycle and turn off the “stay warm” function.
7. Use quick release function to release steam or allow to release naturally. Serve with rice.

Nutrition per 1 cup: 506 calories; 18.5g Fat; 24.6g Protein; 64.2g Carbohydrates; 12.5g Fiber; 302mg Sodium
Makes 6-8 servings (adapted from: <https://thefoodietakesflight.com/vegan-filipino-kare-kare/>)