



HEALTHY, PLANT-BASED BOWLS

Reference Guide



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Delicious Plant-Based Bowls

IDEAS FOR BOWL INGREDIENTS

Classifications of items in food groups below are common/general labels, not scientific.

Whole Grains

Barley
Bulgur
Farro
Kamut
Millet
Quinoa
Rice
Sorghum
Wheat berries
Wild rice

Legumes

Black beans
Cannellini beans
Chickpeas
Edamame
Kidney beans
Lentils
Pinto beans
Tempeh
Tofu

Fruit

Apples
Berries
Grapes
Jicama
Mango
Oranges/Citrus
Pears
Pineapple

Vegetables

Artichokes
Arugula
Asparagus
Avocado
Beets
Bok choy
Broccoli
Brussels sprouts
Butternut squash
Cabbage
Carrots
Cauliflower
Celery
Chard
Collards
Corn
Cucumber
Eggplant
Fennel
Garlic
Green beans
Green peas
Kale
Lettuce
Mushrooms
Okra
Onions
Parsnips
Peapods
Peppers
Potatoes
Radishes
Scallions
Snow peas
Spinach
Sprouts
Summer squash
Sweet potatoes
Tomatoes
Turnips
Watercress
Zucchini

Special Additions

Baba ghanouj
Capers
Coconut bacon
Glazed or spiced nuts
Hummus
Kim chi
Marinated mushrooms
Olive tapenade
Pickles (cucumber, onion, etc.)
Plant-based sausage slices
Roasted red peppers
Sauerkraut
Sundried tomatoes

Nut & Seed Accents

Almonds
Cashews
Chia seeds
Peanuts
Pecans
Pine nuts
Pumpkin seeds
Sesame seeds
Sunflower seeds
Walnuts

TIPS & HINTS

Think About These Building Blocks

Colors | Flavors | Textures | Nutrients

Keep It Simple

- batch-cook grains
- pre-steam items
- incorporate leftovers

Limit high-fat and high-sodium items

Nut/Seed Accents and Special Additions

Use recipes for dressing with no added oil



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IDEAS FOR BOWL COMBINATIONS

The main sources of protein are listed in ALL CAPS. The grains and some other ingredients offer additional protein. Here is a [chart showing how to cook a variety of whole grains](#). Assemble the bowls however you like; one approach is to put a half cup or more of the grain in the middle of a flat bowl, surround with greens, add other items on top. *Recipe items with asterisks are listed on following page.

Mediterranean Bowl | Tahini Lemon Dressing

- Grain: Farro or barley
- Green: Arugula
- Toppings: CHICKPEAS, artichoke hearts, cherry tomatoes, steamed zucchini ribbons, roasted red pepper, store-bought or homemade baba ghanouj (eggplant spread)
- Accents: chopped nuts or olives, cucumber tzatziki* (cucumber-yogurt sauce)
- Dressing: <https://minimalistbaker.com/make-tahini-dressing/>

Asian Tofu Bowl | Orange Miso Dressing

- Grain: Wild rice or black rice (forbidden rice)
- Green: Spinach or steamed bok choy
- Toppings: TOFU (marinated in tamari-ginger-garlic), sauteed mushrooms, red cabbage, steamed snow peas, pineapple
- Accents: toasted sesame seeds, cilantro, chopped scallions
- Dressing: <https://www.pcrm.org/good-nutrition/plant-based-diets/recipes/orange-miso-dressing>

“Sweets & Beets” Bowl | Balsamic-Mustard Dressing

- Grain: Quinoa with lemon & parsley
- Green: Broccoli (steamed)
- Toppings: SMOKY LENTILS*, cooked sweet potato, cooked beets, green apple
- Accents: pickled red onion, fresh basil
- Dressing: Jane Esselstyn’s 3-2-1 Balsamic-Mustard Dressing is #4 on this page: <https://www.mamasezz.com/blogs/recipes/oil-free-vinaigrette-recipes>

Tex-Mex Bowl | Avocado Chipotle Ranch Dressing

- Grain: Brown rice
- Green: Romaine lettuce (and cabbage in slaw)
- Toppings: SEASONED BLACK BEANS, corn, red/green bell pepper, steamed blue potato, mango, carrot-cabbage slaw
- Accents: salsa, thinly sliced jalapeno pepper, cilantro, roasted pepitas (pumpkin seeds)
- Dressing: <https://rouxbe.com/recipes/5177-avocado-ranch-dressing>



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Smoky Marinade for Lentils, Beans, Carrots

Adapted from PCRM.org recipe for [Carrot Dogs](#)

Makes about 1 cup of marinade

Ingredients

1/4 cup soy sauce (low sodium) or Bragg's aminos or coconut aminos
1/4 cup apple cider or rice vinegar (rice vinegar is milder)
1/4 cup low-sodium vegetable broth or water
2 Tbsp maple syrup or molasses
2 tsp liquid smoke
1 tsp yellow mustard
1 tsp fresh garlic, minced
1 tsp pickled jalapeno juice (optional)
1/2 tsp onion powder

Directions

1. Mix all ingredients together.
2. Can be used to marinate whole steamed carrots to make "Carrot Dogs" or as part of the liquid used to cook other recipes and impart a smoky flavor to lentils, beans, soups, and other dishes.

Cucumber Tzatziki

Adapted from *The No Meat Athlete Cookbook* by Matt Frazier & Stephanie Romine

Ingredients

1/2 cup peeled and seeded cucumber, grated
1/4 cup plain non-dairy yogurt (such as Kite Hill unsweetened)
1 tsp fresh lemon juice
1/4 tsp garlic powder
Black pepper (scant 1/4 tsp)

Directions

1. Mix all ingredients together.
2. Chill.