fuel up with /POWER BOWLS

Packed with superfood ingredients, the trend of "power bowls" is a healthy, filling answer to "what's for lunch or dinner?" Loaded with more energizing goodies than a traditional salad, "power bowls" feature vegetables, protein, and grains. We like to carefully prepare our ingredients, and arrange them artfully in little clusters for curated bites of tasty awesomeness. IN THIS ISSUE, we feature three power bowl recipes to get you started. Time to fuel up!

CARIBBEAN POWER BOWL ▸ MEDITERRANEAN POWER BOWL ▸ RAINBOW POWER BOWL ▸

POWER BOWLS / 101

Power bowls are popular for a reason! Both tasty and satisfying, they are a strategic decision that will support your health and wellbeing in the New Year. Using the handy guide below, choose a variety of vegetables, grains, proteins, and a few extras, then dress boldly. Don't be afraid to get creative with a variety of combinations — there is no right or wrong answer here, just appetizing options. We get you started with three different power bowls that we think you'll find as a good start to 2017!

VEGGIES	GRAINS	PROTEIN	EXTRAS	DRESSING/ SAUCE
Avocado Broccoli Brussels Sprouts Carrots Cauliflower Celery Cucumber Greens Green Beans Green Onion Kale Mushrooms Red Onion Red Pepper Spinach Summer Squash Sweet Potato Tomato Zucchini	Brown Rice Bulgur Farro Millet Quinoa Rice Cauliflower "Rice" *we know it's not really a grain, but ill a tasty grain substitute!*	Beans Beef Chicken Eggs Pork Salmon Tempeh Tofu Tuna	Cheese Dried Fruit Fruit Herbs Nuts Olives Raisins Seeds Sprouts	Balsamic Creamy Goddess Greek Hummus Sesame Tahini Vinaigrette

TRY VEGGIES RAW, STEAMED, PARBOILED, OR ROASTED!

Caribbean Power Bowl

This bowl is a favorite of ours anytime of year! When it's too cold or wet to grill outside, we use our favorite grill pan on the stovetop to bring the flavors of the Caribbean home. We love comparing bites of spicy jerk chicken with the cooling coconut rice and fresh avocado slices. The citrus vinaigrette ties all the flavors together, while adding a zingy kick.

/ view & print illustrated recipe →

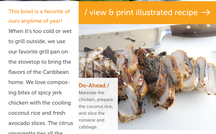
Do Ahead / Marinate the chicken, prepare the coconut rice, and slice the romaine and cabbage.

Pro Tip / Make sure to rinse your rice! The rinsing process is an important step that removes excess surface starches. The cooked rice will be have a fresher taste, and be less sticky.

2017 FOOD GOALS

eat more /PLANTS
drink more /WATER
select more /COLORFUL FOODS
enjoy a few /NUTS & SEEDS
flavor with /SPICES
select more /WHOLE GRAINS
cook more /AT HOME
add more /HEALTHY OILS
create more /POWER BOWLS
enjoy more /LEAN PROTEIN

Mediterranean Power Bowl



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We often crave healthy vegetables for dinner and a power bowl is a great variation to a basic salad with the additions of whole grains and proteins. Power bowls need a bold dressing, and the creamy mint dressing in this power bowl composition passes the test! Feel free to riff on this basic profile by adding other ingredients such as kalamata olives, lettuce, red onion, or green pepper.

Cooking Technique: How-to Cook Farro

Farro is related to the wheat grain family and historically popular in Italian cuisines. It is not gluten-free, but is low in gluten. It has a nutty taste and a chewy texture when cooked. You'll love discovering, or re-discovering, this tasty grain!

1. Use a 1:2 grain-to-liquid ratio. For the liquid, use your favorite broth or lightly salted water.
2. Cook on low for 35-40 minutes. Check at the 30 min. mark to see if more liquid is needed to finish the cooking.
3. Bring the liquid to a boil, add the grain, Stir, cover, then turn down the heat to a simmer.
4. The farro will double in volume. Check for doneness by tasting a few grains; they will be soft, yet chewy.

COOKING TOOLS for eating healthily

1 ZOJIRUSHI RICE COOKER
Cook any whole grain to perfection with ease in this multi-cooker that senses doneness; never scorches or burns.

2 SALAD SPINNER
Always wash leafy greens and herbs at home. This spinner washes and spins the water away for perfect greens ready to eat.

3 ALL-CLAD 3 QT. SAUCEPAN
Ideal for cooking whole grains. Thick bottom and the efficient heat-transferring core codes without burning.

4 CUTTING BOARDS
Be kind to your knives and countertops by using a quality cutting surface. We have a wide selection of quality cutting boards to choose from.

5 WUSTHOF 6" COOK'S KNIFE
Cooking at home is more pleasurable with the right tools at hand! Nothing is more important than a good knife!

6 CHEF'N SILICONE STEAMER
Steaming quickly cooks veggies without oils while preserving the maximum amount of nutrients. Silicone construction easier to handle and clean than metal baskets.

7 PADERNO SPIRALIZER
This is a fabulous tool for prepping and including more healthy vegetable dishes in your life.

Rainbow Power Bowl

Eating colorfully is a good resort goal for this time of year! To be a colorful eater means embracing a variety of fruits and vegetables. By selecting a range of beet varieties, this bowl becomes quite colorful. Imagine using rainbow carrots or rainbow chard instead of kale, and the bowl's namesake is taken to a whole new level. You'll find this power bowl hearty and filling with with a delightful composition of interesting textures and flavors. Simply follow the rainbow to this bowl of nutritional gold!

/ view & print illustrated recipe →

GET THE BEET / While golden and red beets might be familiar, we feel that cutting into the pink and white striped **Chioggia beets** (pronounced **kee-OH-jee-uh**). They are especially sweet and originated in Northern Italy.

wishing you a healthy & happy 2017!

COOKING TOOLS **for eating healthily**

WE WISH YOU A HAPPY & HEALTHY NEW YEAR!

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VEGGIES	GRAINS	PROTEIN	EXTRAS	DRESSING/ SAUCE
Avocado	Brown Rice	Beans	Cheese	Balsamic
Broccoli	Bulgur	Beef	Dried Fruit	Creamy
Brussels Sprouts	Farro	Chicken	Fruit	Goddess
Carrots	Millet	Eggs	Herbs	Greek
Cauliflower	Quinoa	Pork	Nuts	Hummus
Celery	Rice	Salmon	Olives	Seasame
Cucumber	Cauliflower "Rice"	Tempeh	Raisins	Tahini
Greens	*(we know it's not really a grain, but IS a tasty grain substitute)*	Tofu	Seeds	Vinaigrette
Green Beans		Tuna	Sprouts	
Green Onion				
Kale				
Mushrooms				
Red Onion				
Red Pepper				
Spinach				
Summer Squash				
Sweet Potato				
Tomato				
Zucchini				

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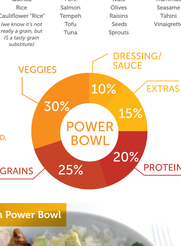
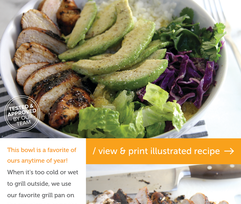


Caribbean Power Bowl



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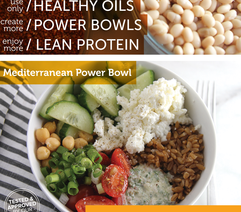
drink more / WATER
select more / COLORFUL FOODS
enjoy a few / NUTS & SEEDS
flavor with / SPICES
select more / WHOLE GRAINS
cook more / AT HOME
use only / HEALTHY OILS
create more / POWER BOWLS
enjoy more / LEAN PROTEIN

Mediterranean Power Bowl



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1. Use a 12 grain-to-liquid ratio. For the liquid, use your favorite broth or lightly salted water.
2. Bring the liquid to a boil, add the grain, Stir, cover, then turn down the heat to a simmer.
3. Cook on low for 35-40 minutes. Check at the 30 min. mark to see if more liquid is needed to finish the cooking.
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MORE **inspiration**

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