



Latin-Inspired Superfood Bowls With Chimichurri Dressing

Serves 4 in ~1 hour

Superfood bowls are a delicious, colorful, and versatile way to prep meals for the week ahead. Just follow this simple, master recipe and trade out ingredients to give it an international flair. Consider a Thai-Inspired Bowl with Roasted Tofu and my Ginger Tamari Dressing or a Mediterranean Bowl with Garbanzos, Sheep Feta, and a Lemon Shallot Dressing. Get creative and playful and let your guests make their own bowls!

1. Pick a whole grain (organic brown rice or quinoa)
2. Pick a bean and/or lean protein (black beans, garbanzos, roasted tofu, prawns, chicken, beef, or pork).
3. Pick your veggies (raw, roasted, steamed, or sautéed)
4. Pick a sauce or dressing
5. Pick your “flavor bombs” (fresh or dried herbs, spices, nuts, seeds, dried fruit)
6. Assemble into serving bowls or glass containers with lids for use later. If reserving for later, dress and garnish at the time of serving so it doesn't get soggy.

Bowl Ingredients Ideas:

- 3 cups cooked/cooled brown rice, quinoa or other whole grain (~3/4 cup per person)
- 1 ½ cups cooked/cooled black beans (or 1 12 oz. can black beans, drained and rinsed)
- 2 Persian cucumbers, sliced lengthwise into quarters, then sliced across
- ½ cup red bell pepper or baby bells (seeded, deveined and diced into small pieces)
- 1 large carrot, peeled and shredded
- 3 scallions (green onions), sliced
- 1 cup plum or grape tomatoes, cut in half



Bowl Ingredients Ideas (cont):

- 1/3 cup toasted pumpkin seeds
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- ¾ tsp. smoked paprika
- 1 tsp. sea salt
- ½ tsp. black pepper

Garnish:

- ½ cup chimichurri dressing (see recipe below for chimichurri) plus 1 lime, zested & juiced
- 2 avocados, sliced as garnish
- ½ cup pickled pink onions, as garnish (see recipe below)
- 4 cups of mixed salad greens or spinach as base of bowl

Instructions:

Dressing: Make the chimichurri and turn into dressing (recipe below)

Bowls: Prep the rice, beans and veggies. In a large bowl, mix the rice and beans together; then gently fold in the veggies, pumpkin seeds, spices, salt and pepper. Dress this mixture with the chimichurri dressing. Taste and adjust seasonings. This mixture can be made earlier in the day, refrigerated and then served later in the day at room temperature or slightly chilled.

To serve: Place ~1 cup of salad greens at the bottom of each of four bowls. Distribute the rice/bean/veggie mixture evenly between them. Garnish with sliced avocado and pickled onions and serve immediately.

Chimichurri Sauce

Makes ~1 cup in 15 minutes

This Argentinian “green sauce” is filled with flavor and key phytonutrients that support our health. It’s traditionally served with grilled meat but is equally good over veggies, beans and rice, eggs, fish, chicken, pork, or beef. Apigenin is the powerful phytonutrient in parsley and cilantro that reduces oxidative damage, supports a balanced immune response, and fights cancer. These herbs are packed with chlorophyll, vitamins A, C, magnesium, lutein, and fiber. Cilantro has a similar nutrient profile but also appears to bind heavy metals in animal studies.

Ingredients:

- 3 tablespoons red wine vinegar
- 3 cloves garlic, minced
- ¼ cup shallots, minced
- 1 tsp. red Fresno chili, minced (or ¼ teaspoon red chili flakes)
- 1 tsp. kosher salt
- 2 cups flat-leaf Italian parsley leaves, chopped
- 1 cup cilantro (leaves only) chopped
- 2 Tbsp. oregano (leaves only) chopped
- ½ cup avocado oil
- ¼ cup olive oil

Gather and prep all ingredients. Mix the wine with the shallots, garlic, chili, and salt and let sit for 5-10 minutes. Pulse the herbs and vinegar mixture in a food processor or blender for 15 seconds, while drizzling in the oil. Adjust the seasonings then refrigerate immediately. Enjoy the rest over the coming week.

To make into Chimichurri Dressing for this recipe: To ½ cup of chimichurri, add the zest of one lime, 2 Tbs. lime-juice and an additional ¼ cup of olive oil. Shake to mix and then use to dress the bowls.



Pickled Red Onions

- 1 red onion, sliced in half vertically and then into thin vertical slices
- 1 cup white vinegar
- 1 tsp. sea salt
- 1 tsp. sugar

Heat the vinegar, salt and sugar in a small pan until simmering. Turn off heat and allow to cool one minute. Slice the onions and put them into a pint jar that has a lid. Pour the vinegar mixture over the onions and cover with the lid, loosely. Refrigerate for about 2 hours, then use within one week as a garnish for salads, superfood bowls, and sandwiches.