

Heavenly Grain Bowls - p. 262

Asian-influenced Heavenly Grain Bowl

The Dressing:

¼ cup peanut butter

1 tsp. Sesame oil

¼ cup rice vinegar

3 tsp. soy sauce

¼ cup water

1-2 Tbs. sriracha

The Bowl:

3 cups cooked quinoa or brown rice or a combination of both

1 avocado, peeled and chopped

1 cup shredded lettuce or chopped spinach

½ cup cooked black beans or chickpeas

In a bowl, whisk dressing ingredients together.

Portion out grains into five bowls, then top each bowl with avocado, tomato, greens, and beans. Drizzle each with dressing.

Source:

The Blue Zones Kitchen: 100 Recipes to Live to 100

Dan Buettner