

# Rice Bowls

Be creative! You can mix and match from the list below, or add other ingredients that might be in your fridge.

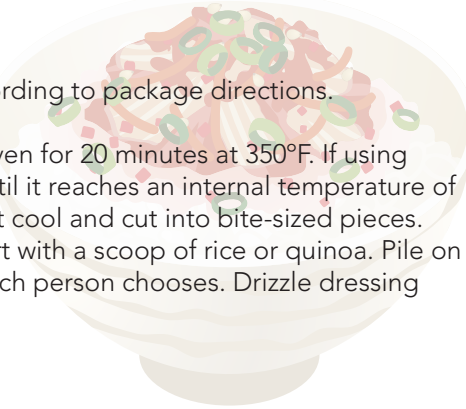
## Ingredients\*

- Extra firm tofu or chicken breasts
- Rice or quinoa
- Greens of your choice (spinach, lettuce, kale, and/or arugula)
- Eggs, hard-boiled, peeled and cut in quarters
- Carrots, peeled and grated
- Sweet potatoes, cubed and roasted
- Broccoli (with stems), chopped and marinated if desired
- Green onion, chopped
- Red cabbage, sliced thinly
- Beets, cubed and roasted or grated fresh

\*amounts will vary based on how many people you are feeding

## Directions

1. Cook the rice or quinoa according to package directions.
2. Wash and chop the greens.
3. Cut tofu into cubes, put in oven for 20 minutes at 350°F. If using chicken, roast in the oven until it reaches an internal temperature of 165°F. Remove from oven, let cool and cut into bite-sized pieces.
4. To assemble a rice bowl, start with a scoop of rice or quinoa. Pile on the other ingredients that each person chooses. Drizzle dressing over top.



## Sesame Ginger Dressing

Makes ~2 cups

- 1/2 tablespoon grated ginger (or 1/2 teaspoon dry ginger)
  - 1/4 cup sesame oil
  - 2 to 3 garlic cloves, minced
  - 1/2 cup soy sauce
  - 2 tablespoons honey or maple syrup
  - 1 cup vegetable oil
- Mix together in a jar and shake or whisk in a small bowl. Refrigerate leftover dressing for up to a week.



# Are You In?



Find Out More:

## Put More Produce on Your Plate

Try to eat vegetables and fruit from the five colour groups every day to keep your heart healthy. Go for green peas or beans, yellow-orange squash or peaches, red peppers or pink grapefruit, blueberries, and white cauliflower or pears. How many colours can you add to your meals and snacks?



## Did You Know?

### A Rainbow On Your Plate

Phytochemicals are compounds thought to slow the aging process and protect against cancer, heart disease and stroke. They give vegetables and fruit their colour and are arranged in five groups: red, yellow/orange, green, blue/purple and white/tan/brown. Each group provides a different selection of phytochemicals. Choose many colours of vegetables and fruit during the day to reap all the benefits!