

Plant-Based Power Bowls

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PLANT-BASED PITTSBURGH



Advantages of Power Bowls

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- ✓ **Simple**
 - ✓ **Versatile—be creative!**
 - ✓ **Nutrient Dense**
 - ✓ **Use of Leftovers**
 - ✓ **Group meals** (*people can modify according to their taste preferences*)

Steps for Plant-Centered Power Bowls

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1. **Grain or Starch** [1/2 Cup]
 2. **Greens + Non-starchy Vegetables / Fruit** [1-2 Cups]
 3. **Protein** [1/3 - 1/2 Cup]
 4. **Condiments, Sauces, Seasonings** [1-4 Tbsp.]

Step 1: Grains & Starches (approx. 1/2 cup) - pre-packaged or bulk -

- ❑ **Amaranth** (*gluten-free seed-like cereal crop*)
- ❑ **Barley** (*cereal-type grain*)
- ❑ **Buckwheat** (*plant w/ grain-like seeds*)
- ❑ **Bulgur** (*from cracked wheat*)
- ❑ **Corn** (*incl. tortillas*)
- ❑ **Couscous** (*wheat like a small pasta*)
- ❑ **Farro** (*slightly chewy, nutty-flavored ancient grain*)
- ❑ **Kamut®** (*nutrient-dense ancient grain*)
- ❑ **Millet** (*gluten-free seed-like*)
- ❑ **Multi-Grain Tortillas/Wraps** (*or similar backed goods*)
- ❑ **Oatmeal** (*hulled oat grains or groats*)
- ❑ **Pasta** (*whole grain contains bran, germ, endosperm*)
- ❑ **Polenta** (*cornmeal, boiled*)
- ❑ **Quinoa** (*nutrient-dense ancient grain*)
- ❑ **Rice** (*brown/red/black, preferably*)
- ❑ **Rye** (*related to barley & wheat*)
- ❑ **Sorghum** (*nutrient-dense cereal grain*)
- ❑ **Spelt** (*nutrient-dense ancient grain*)
- ❑ **Wheat berries** (*whole wheat kernel that includes bran, germ, endosperm*)
- ❑ **Winter Squash** (*acorn, butternut, delicate, Hubbard, spaghetti, pumpkin*)

Step 2: Greens plus

Non-Starchy Vegetables / Fruits

(approx. 1-2 cups)

- fresh, frozen, canned -

- ☐ Asparagus
- ☐ Beans
(green, yellow, purple)
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Cabbage
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Cucumber
- ☐ Greens*
(arugula, bok choy, collard, kale, lettuce, spinach, sprouts)
- ☐ Mushrooms
- ☐ Onions
- ☐ Peas
- ☐ Peppers
- ☐ Tomatoes
- ☐ Zucchini

- ☐ Apples
- ☐ Avocado
- ☐ Bananas
- ☐ Berries
- ☐ Citrus
- ☐ Grapes
- ☐ Mango
- ☐ Melons
- ☐ Papaya
- ☐ Pears
- ☐ Pineapples
- ☐ Stone fruits (plums, peaches, nectarines)

Step 3: Protein

(approx. 1/3 - 1/2 cup)

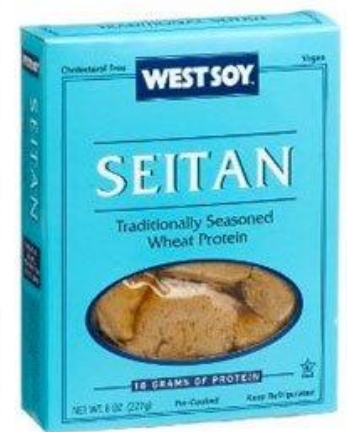
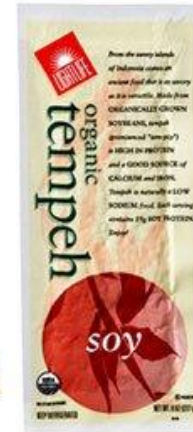
Legumes

- *dried or canned* -

- ❑ **Beans** (black, butter, cannellini, kidney, navy, pinto, etc.)
- ❑ **Chickpeas**
- ❑ **Lentils**
- ❑ **Lima beans**
- ❑ **Soybeans** (edamame are immature soy beans)

Meat-like Items

- ❑ **Seitan** (from wheat protein)
- ❑ **Tempeh** (from fermented soy + grains, slightly nutty flavor, chewy consistency)
- ❑ **Tofu** (from soybeans, smooth texture)
- ❑ **Crumbled veggie burgers** (often high fat & sodium--read labels!)



Step 4: **Condiments, Sauces, Seasonings** (approx. 1-4 T.)

- ☐ **Apple butter & sauce** (unsweetened)
- ☐ **Baba ghanoush**
- ☐ **Cacao/cocoa powder** (unsweetened)
- ☐ **Citrus** (lemon/lime)
- ☐ **Dried fruit**
- ☐ **Guacamole**
- ☐ **Herbs**
- ☐ **Hummus**
- ☐ **Jam/jellies**
- ☐ **Mustard/ketchup**
- ☐ **Non-dairy cheese**
- ☐ **Nutritional yeast***
- ☐ **Nuts/nut butters/seeds**
- ☐ **Olives**
- ☐ **Pickles**
- ☐ **Salad dressing** (oil-, dairy-free)
- ☐ **Salsa**
- ☐ **Sauces** (barbecue, chili, curry, Sriracha, soy)
- ☐ **Spices** (curry, garlic, ginger, paprika, turmeric, etc.)
- ☐ **Tahini** (ground sesame seeds)
- ☐ **Veggie Broth**
- ☐ **Vinegar**

* **Nutritional yeast** is inactive yeast. It's yellow, flaky, & a nutty, cheese-like flavor. Some uses:

- ✓ cheese substitute on pizza, pasta, potatoes
- ✓ binder in veggie burgers
- ✓ popcorn flavoring
- ✓ dairy-free sauces



Breakfast Bowl

Grain/Starch: Quinoa

Greens: Spinach

Vegetables: Broccoli,
Onions, Red Peppers

Protein: Tofu

Seasoning: **Paprika &
Homemade Italian sausage
seasoning**

By Judi Carvell



Moroccan Bowl for Two

Grain/Starch: **Sweet Potato & Kamut**

Greens: **Collard Greens**

Vegetable: **Cauliflower**

Protein: **Garbanzo Beans**

Fresh Herb: **Parsley**

Dressing: *In stock pot gently warm ...*
1 c. veggie stock + 1 c. diced tomatoes + 1 tsp. curry powder + 1 T. peanut butter + 1/4 c. coconut milk

Add equal parts sautéed onion, celery, & carrots to dressing. Pour over bowl or serve on side.

By Judi Carvell



Mediterranean Bowl

Grain/Starch: **Farro**

Greens: **Mixed Greens**

Vegetable: **Cucumber, Cherry Tomatoes,**

Protein: **Hummus**

Seasonings: **Lemon Slices, Dried Oregano, Parsley, Black Pepper**

Served with homemade whole wheat pita chips.



By Brittany Jaroudi

Leftovers Bowl

Grain/Starch: Farro

Greens: Spinach

Vegetables: Broccoli, Zucchini,
Mushrooms *sautéed with*
Onions & Red Peppers *and*
Seasoned Tomatoes

Protein: Garbanzo Beans

Fresh Herb: Garlic & Basil

By Judi Carvell



Edible Taco Bowl

Grain/Starch: **Whole Wheat
Tortilla Shell & Corn**

Greens: **Romaine**

Vegetables: **Tomatoes, Red
Peppers, Avocado, Black Olives**

Protein: **Black Beans**

Condiments: **Lime & Green Onion**

Dressing: **Sriracha Vinaigrette
with Cilantro**

By Judi Carvell



Example of a **Homemade Dressing** **for a Bowl Meal**

Blend and marinate:

- ▶ **Red wine vinegar**
- ▶ **Veggie broth**
- ▶ **Kosher salt pinch**
- ▶ **Garlic**
- ▶ **Tomatoes**
- ▶ **Cucumbers**
- ▶ **Parsley**
- ▶ **Sugar** (optional)

By Judi Carvell



**Breaks down →
after marinating**

Bowl Variations

From PlantPure Chef Kim Campbell:

- ▶ **Mexican**: Rice, beans, lots of veggies, salsa/guacamole. Garnish: cilantro
- ▶ **Pizza**: Whole grain penne pasta, veggies (spinach, mushrooms, olives, onions, peppers), tofu-ricotta cheese, marinara sauce. Garnishes: red pepper flakes, basil, fennel seeds, nutritional yeast flakes
- ▶ **Rueben**: Potatoes, veggies (spinach mushrooms, tomatoes, onions, sauerkraut), smoky tempeh bacon, thousand island dressing. Garnish: caraway seeds
- ▶ **Thai**: Whole grain pasta, Asian blended veggies, baked tofu, green Thai curry sauce. Garnishes: lime, cilantro, basil, sesame seeds
- ▶ **Thanksgiving**: Mashed potatoes, roasted green beans, onions, peppers, lentils, mushroom gravy. Garnish: fresh thyme
- ▶ **Asian Peanut**: Brown rice or noodles, Asian veggies, edamame, spicy peanut sauce. Garnish: lime, peanuts, cilantro, scallions
- ▶ **Breakfast**: Grits, greens, tempeh bacon, salsa. Garnish: avocados