



Putting Together The Perfect Savory Bowl

Making a savory bowl meal can be fast, healthy and delicious. There are some main components of a bowl that can be the base and you can then add on to make it your own!

The base of the bowl is usually a carbohydrate, most commonly a grain of some sort. There are so many options including:

Farro	Millet
Quinoa	Amaranth
Rice (brown, white, black, wild, red)	Bulgar wheat
Barley	Buckwheat
Sweet potatoes	Corn

Vegetables are a huge component of the savory bowl. It is easy to incorporate vegetables in a bowl and you can really choose anything you like! If you roast a big batch of vegetables you can continue to re-use them! Pile them on. Some suggestions include:

Kale	Squash- zucchini, butternut, kobocho
Spinach	Broccoli/broccolini
Bell peppers	Cauliflower
Mushrooms	Cabbage
Carrots	Tomatoes
Onions	Swiss Chard
Beets	Cucumbers

Next you add some protein. This does not have to be plant based but there are many plant-based options if you prefer.

Chicken	Fish
Turkey	Nuts
Eggs	Seeds
Tofu	Lentils
Tempeh	Chickpeas
Black-eyed peas	

With the veggies and carbohydrates, you will be getting the fiber to help you stay full. But healthy fats will also help you stay full and feel satisfied. Here are some healthy fats to add:

Avocado	Olive oil
Nuts/Nut butter	Olives
Seeds	Avocado oil
Sesame seeds	Tahini



An easy way to incorporate these healthy fats is through a homemade dressing. Here is a guideline that can help so you can make your own dressing, which you can re-use for other meals:

-Use a 3:1 ratio for fats:acids. For example, for a basic vinaigrette you could use 3 tablespoons olive oil and 1 tablespoon vinegar or lemon juice. Then you add seasonings (i.e. garlic, salt, pepper, etc.) and if you want about 1 tsp of something sweet (i.e. honey). You can then thin the dressing as needed with some water.

-For bowls, I like to make a dressing that has tahini or a nut butter in it. I would use about 3 tablespoons of the tahini or nut butter, one tablespoon of an oil (sesame, olive, etc.) and 1 tsp of maple syrup. To change up the flavors I add some lemon juice or soy sauce depending on what type of dressing I am making. You can add any spices that you like.

Make it your own!

[Medicine of Yum | www.medicineofyum.com | @medicineofyum](http://www.medicineofyum.com)