



Southwest Grain Bowl



Estimated Time: 15 mins

Nutrition Per Serving

4 servings (1 cup per serving)

Calories	266
Protein	3.7g
Total Carbohydrates	19g
Net	15.3g
Sugar	2.4g
Fiber	3.5g
Total Fat	19g
Saturated Fat	2.7g
Polyunsaturated Fat	2.4g
Monounsaturated Fat	1.3g
Trans Fat	0g
Cholesterol	0mg
Minerals	
Sodium	173mg
Potassium	214mg
Phosphorus	98.7mg
Calcium	26mg

Ingredients

- 1 (15 oz) can of low sodium black beans, rinsed & drained
- 2 cups cooked brown rice
- 2 cups of cooked quinoa
- 1 stalk of celery, chopped
- ¼ green pepper, diced
- ¼ red pepper, diced
- 1 green onion, sliced
- 4 teaspoons fresh cilantro, chopped
- 1 batch of Southwest Dressing (see separate recipe card)

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of added animal fats (e.g. lard), sodium, potassium, phosphorus, or sugar.

Directions

1. Prepare four bowls and evenly divide the above ingredients into four servings.
2. Add ½ cup rice and ½ cup quinoa to each bowl.
3. Then, add ½ cup black beans to each bowl.
4. Evenly distribute the chopped celery and cilantro, diced peppers, and sliced green onion between the four bowls.
5. If you are preparing these bowls ahead of time, wait to add the Southwest dressing (see separate recipe card).
6. If you are serving this dish immediately, drizzle 2 tablespoons of the Southwest dressing over each grain bowl.

Disclaimer: Please be advised that some of these foods may contain wheat/gluten, milk, eggs, peanuts, tree nuts, fish, shellfish, soy or other foods that may cause allergic reactions in some people. Please contact your healthcare provider if you are concerned about food allergies or other food-related reactions such as food sensitivities.

Recipe provided by
Chef Duane