

**Life Time Learning proudly presents:**

## **The Rice Bowl Class**

When you just don't know what to make for dinner tonight, here's what to do: Cook a pot of rice, quinoa, farro, or any other grain, rummage through your refrigerator to find vegetables, pile everything into a bowl, and top it all off with a protein (A fried egg, grilled chicken, beef, pork or seafood and even Tofu!) To really make your dinner shine, drizzle on a quick sauce or a squeeze of lemon juice— it makes a huge difference. These colorful, easy rice bowl recipes are basically riffs on that formula.

There are two things about these recipes you must understand. First and foremost, all recipes start with enough cooked grain to fill four bowls. And secondly, all recipes serve 4 unless otherwise stated. That being said, most can be divided to serve two very easily. The recipes are as follows:

VEGGIE & QUINOA BOWLS  
TUNA POKE RICE BOWL  
PORK & SPINACH RICE NOODLE BOWL  
TERIYAKI BRAISED CHICKEN & BOK CHOY RICE BOWL  
SESAME BEEF RICE BOWL  
HOISIN-GLAZED PORK WITH GINGER & GREEN ONION RICE BOWL  
FARRO SALAD WITH MUSTARD VINAIGRETTE BOWL  
QUINOA BOWL WITH SHRIMP & MANGO  
QUINOA BOWL WITH CHICKEN & VEGGIES  
KUNG POA TURKEY RICE BOWL  
CITRUS SHRIMP RICE BOWL  
EASY (BASIC) RICE BOWL  
SHRIMP & PEAS FRIED RICE BOWL  
PORK BONH MI RICE BOWL

Enjoy the class  
Chef Cal