

QUINO BOWL WITH ROASTED VEGGIES AND FETA

1 (14 oz.) package Nature's Promise Organic Butternut Squash
1 (10 oz.) package Nature's Promise Organic Broccoli Florets
1 red onion, halved and cut into wedges
5 tbsp. olive oil – divided
1 cup uncooked quinoa
2 tbsp. lemon juice
1 tbsp. honey
½ tsp. finely chopped fresh thyme
¼ cup dried cranberries
½ cup crumbled Feta Cheese

NOTE: Nature's Promise items are sold in Giant Food Stores

Preheat oven to 400-degrees. Line a large baking sheet with parchment. Cut the butternut squash into smaller, even pieces. Add to baking sheet along with broccoli and red onion. Drizzle 2 tbsp. oil over vegetables; season with salt and pepper. Bake 20-25 minutes, until vegetables are tender.

Meanwhile, cook the quinoa according to package directions. Drain, if needed.

In a medium bowl, add the lemon juice, honey, thyme, and remaining 3 tbsp. of oil; whisk and then season with salt and pepper to taste. When roasted vegetables are done, add to bowl, tossing to combine. Divide quinoa among 4 bowls. Spoon roasted vegetable mixture over quinoa. Top with dried cranberries and crumbled feta cheese. Serves 4

TUNA POKE BOWL

1 (12 oz.) package Nature's Promise Ahi Tuna Steaks, thawed
2 tbsp. low-sodium soy sauce
1 tbsp. sesame oil
2 tbsp. lime juice
1 (8.8 oz.) package Nature's Promise Basmati Rice
1 cucumber
2 carrots

1 tbsp. Rice vinegar
3 green onions
2 ripe avocados
2 tsp black sesame seeds

Cut the tuna into ½ inch cubes. Combine the soy sauce, oil and lime juice in a medium bowl and stir in the tuna. Cover and refrigerate 1 hour.

When ready to serve, prepare the rice according to package directions. Meanwhile, use a vegetable peeler to cut long ribbons from the cucumber and carrots. Add ribbons to a bowl and drizzle with the rice vinegar. Thinly slice the green onions. Cut the avocados in half lengthwise and remove the pits. Scoop the flesh from the peel and cut into slices.

Divide the rice among 4 bowls. Add the cucumber ribbons, carrot ribbons, diced tuna, green onions and avocado. Sprinkle with sesame seeds and enjoy.

SPRING ROLL RICE NOODLE BOWL

1 (8 oz.) pkg. thin rice noodles
1 head Boston lettuce
1 cup shredded carrots
1 cucumber
1 avocado
2 cups shredded rotisserie-chicken
½ bunch green onions
¼ cup fresh mint
¼ cup fresh cilantro

Prepare noodles according to package directions. Drain and rinse with cold water, set aside.

While noodles cook, roughly chop the lettuce and divide among 4 bowls. Peel and cut cucumber into 2-inch pieces. Dice avocado. Top bowls evenly with noodles, chicken, carrots, cucumber and avocado. Chop green onions, mint, and

cilantro and sprinkle over bowls. Serve with a dipping sauce made from Soy sauce and a small amount of Sesame oil whisked together.

PORK AND SPINACH STIR-FRY RICE BOWL

1½ cups uncooked rice, your choice
1 tbsp. vegetable oil
1 medium onion, thinly sliced
2 cloves garlic, finely chopped
1 pound pork tenderloin, thinly sliced
½ cup store bought stir-fry sauce
1 (8 oz.) bag spinach – washed, drained, stems removed

Cook the rice according to package directions. When done, fluff and divide into 4 bowls. Set aside.

Meanwhile, in a 12-inch skillet, heat the oil on medium. Add the onion and season with salt. Cook 7-8 minutes, until mostly tender, stirring often. Add the garlic and sliced pork. Cook 7 -8 minutes until pork is browned, stirring occasionally. To the pork mixture, add the stir-fry sauce. In batches, stir in the spinach until just wilted and pork is cooked through. Remove from heat and divide among the 4 rice bowl.

BRAISED TERIYAKI CHICKEN AND BOK CHOY RICE BOWL

1-1½ pounds boneless, skinless chicken breasts
Black pepper to taste
Store bought Teriyaki Sauce
1 pound Baby Bok Choy
¼ cup water
2 (8.8 oz.) pkgs. precooked Nature's Promise Jasmine Rice
¼ cup Cilantro

To a 4 to 5-quart slow cooker, add the chicken breasts seasoned with a little black pepper. Pour ½ cup reduced-sodium teriyaki sauce over the chicken. Cover and cook on high 2½ hours or low 5 hours.

When the chicken is done, halve 1 pound Baby Bok Choy lengthwise and arrange it a microwave-safe dish with $\frac{1}{4}$ cup water. Season with salt, cover and microwave 4-5 minutes until cores are tender. Drain. Heat 2 (8.8 oz.) pkgs. Nature's Promise Jasmine Rice as per package instructions. Chop $\frac{1}{4}$ cup fresh cilantro.

To assemble rice bowl, place cooked and heated rice into 4 bowls. Remove chicken from slow cooker and shred. Reserve the juice from cooker. Divide the Bok Choy evenly over the rice, then spread the shredded chicken over the rice and spoon sauce from slow cooker over everything. Garnish with the Cilantro and enjoy.

SESAME BEEF RICE BOWL

1 pound boneless top sirloin beef
1 tbsp. canola oil
1 cup diced onion
2 tbsp. reduced-sodium soy sauce
1 tbsp. honey
2 tsp. sesame oil
1 (1-inch piece) fresh ginger
 $\frac{1}{2}$ of a 16 oz. bag frozen broccoli florets, thawed
 $\frac{1}{2}$ of a 16 oz. bag Nature's Promise Organic Shelled Edamame, thawed
1 (15.9 oz.) bag precooked Nature's Promise Whole Grain Brown Rice
2 tsp. sesame seeds (optional)

Very thinly slice the beef against the grain into bite-size pieces. NOTE: Freeze the beef for about $\frac{1}{2}$ hour – it will be easier to slice when partially frozen. In a 12-inch skillet, heat the canola oil on high. Add the beef and onion; season with salt and pepper. Cook 5 minutes until beef is browned and the onions are soft, stirring occasionally.

Meanwhile, in a medium bowl, whisk together the soy sauce, honey, sesame oil and 2 tbsp. water, set aside. Peel and finely chop the ginger. To skillet, add

ginger, broccoli, edamame, and soy sauce mixture. Cook 2 minutes until vegetables are hot, stirring often.

Microwave the rice according to package directions. Divide rice among 4 bowls and spoon beef mixture on top. Garnish with the sesame seeds, if desired.

HOISIN-GLAZED PORK WITH GINGER-GREEN ONION RICE BOWL

1½ cups uncooked rice of your choice
1¼ pound pork tenderloin
1 (1-inch piece) fresh ginger, peeled and finely chopped
1 bunch green onions, very thinly slice
2 tbsp. canola oil
1 tbsp. minced garlic
3 tbsp. hoisin sauce, divided plus more for serving, if desired

Cook rice according to package directions. When cooked, divide into 4 bowls and set aside.

Preheat oven to 425-degrees. Line a sheet pan with foil. Place the pork tenderloin on prepared pan and season all over with salt and pepper. Roast 12 minutes.

Meanwhile, in a small pot, combine the ginger, green onions, and oil. Cook on medium heat 6-8 minutes, until green onions are tender, stirring occasionally. Add the garlic and cook 1 minutes more, until garlic is fragrant, stirring constantly. Remove from heat and season with salt to taste.

Carefully remove pork tenderloin from oven and brush with 2 tbsp. hoisin sauce. Continue roasting 8-10 minutes, until cooked through. Reset oven to broil on high. Brush pork with remaining 1 tbsp. hoisin sauce and broil, 2-3 minutes or until golden brown. Let pork rest 5 minutes, and then thinly slice. Spread slices evenly over 4 bowls of rice and spoon the ginger-green onion sauce over the top of the pork with additional hoisin, if desired.

FARRO SALAD WITH MUSTARD VINAIGRETTE

4 cups water
1½ cups pearled farro
½ cup olive oil
¼ cup white wine vinegar
2 tbsp. grainy Dijon mustard
1 tbsp. chopped fresh tarragon leaves
2 tsp. honey
1 (8 oz.) bag string-less sugar snap peas, thinly slice on an angle
½ cup sliced almonds
4 oz. goat cheese, crumbled.

In a medium pot, heat the water to a boil on medium-high heat. Add the farro, bring to a simmer, and then reduce heat to medium-low. Simmer 15 – 20 minutes until farro is cooked through; drain well.

In a large bowl, whisk together the oil, vinegar, mustard, tarragon, and honey; season with salt to taste. Add the farro to the bowl with dressing, toss until well coated. To the same bowl, add the snap peas and almonds. Toss to combine. Add the goat cheese and gently toss; season with salt and pepper to taste. Divide equally between 4 bowls and enjoy.

QUINOA BOWL WITH SHRIMP AND MANGO

1½ cups uncooked tri-color quinoa
5 radishes
1 cup fresh mango salsa
1 tbsp. lime juice
2 tbsp. olive oil
1 pound raw, large shrimp, peeled and deveined
2 tsp. chili powder

In a medium pot cook the quinoa according to package directions.

Meanwhile, trim and thinly slice the radishes and add to a large bowl along with the mango salsa and lime juice; season with salt to taste; toss to combine.

In a 12-inch non-stick skillet, heat the oil on medium-high. In a medium bowl, toss the shrimp with the chili powder. Season with salt and pepper; add shrimp to skillet in single layer and cook for 1-2 minutes per side until cooked through. Remove cooked shrimp from the heat.

With a fork, fluff the cooked quinoa and divide among 4 bowls. Top with shrimp and mango salsa mixture.

QUINOA BOWL WITH CHICKEN AND VEGGIES

Walnut Sherry Molasses Vinaigrette

2 tbsp. sherry vinegar
2¼ tsp. molasses
¼ cup extra-virgin olive oil
2 tbsp. walnuts, chopped
1 tsp. shallot, minced
¼ tsp. salt and ¼ tsp. pepper

1½ cups uncooked quinoa, prepared according to package instructions
2 cups baby Arugula
1 cup roasted beets, gold or red
1 cup chicken, cooked and sliced
3 tbsp. goat cheese, crumbled
2 tbsp. walnuts, chopped

To prepare the vinaigrette; Puree all vinaigrette ingredients in a food processor or blender until smooth and combined. Store any leftovers in the refrigerator for up to 1 week.

For the bowl: Divide the quinoa, arugula, beets, and chicken among 4 bowls. Sprinkle with goat cheese and walnuts and drizzle with vinaigrette.

KUNG PAO TURKEY and/or CHICKEN STIR-FRY RICE BOWL

1 ¼ pounds leftover roasted turkey or rotisserie chicken
2 tbsp. soy sauce
2 tbsp. mirin or other rice wine or dry sherry
2 bunches scallions (3 scallions finely chopped, the rest cut into 1-inch pieces)
2 cloves garlic – minced
1 tbsp. minced peeled ginger
1 tbsp. cornstarch
1 tbsp. balsamic vinegar
2 tsp. sugar
3 tbsp. peanut oil
2-4 dried Chinese red pepper seeded and split (Be Careful – they are HOT!)
½ cup unsalted roasted peanuts or cashews
1½ cups uncooked rice, your choice

Cook rice per package instructions. Divide into 4 bowls and set aside.

Toss the turkey or chicken with 1 teaspoon each soy sauce and mirin in a large bowl; set aside. Combine the 3 finely chopped scallions with the garlic and ginger in a small bowl and set aside. Whisk 1 cup water, the remaining 1 tbsp. plus 2 tsp. each soy sauce and mirin, the vinegar, cornstarch and sugar in another small bowl; set aside.

Heat a Wok or Dutch oven over high heat. Add the peanut oil, and then add the dried Chinese pepper, if using, and stir-fry until lightly browned, 30 seconds. Now immediately add the scallion pieces and stir-fry until tender, about 1 minute. Add the peanuts, turkey and/or chicken and the scallion-garlic mixture; stir-fry 20 seconds. Reduce the heat to medium; add the soy sauce-cornstarch mixture and cook, stirring, until thick and glossy, about 2 minutes. Serve over the rice.

CITRUS SHRIMP RICE BOWL

½ cup fresh orange juice
2 Tbsp. Sriracha sauce
1 tbsp. honey
2 tsp. soy sauce
¼ cup plus an additional 2 tbsp. vegetable oil
4 tsp. fresh lime juice
1 ½ Jumbo or large shrimp, peeled and deveined
Kosher salt
2 large oranges, preferably different
2 mini cucumbers, quartered lengthwise, sliced crosswise ½” thick
4 scallions, thinly slice
1½ cups uncooked rice, you choice
1 avocado – pitted and sliced

Cook rice according to package instructions. Set aside.

Whisk orange juice, Sriracha, honey, soy sauce, ¼ cup oil and 1 tbsp. lime juice in medium bowl. Set aside half of the dressing in a small bowl for serving. Add the peeled and deveined shrimp to the remaining sauce and toss to coat; season lightly with salt; let sit, tossing occasionally, 15 minutes.

Meanwhile, using a paring knife, remove peel and white pith from oranges, being careful not to remove too much of the flesh; discard. Slice oranges into ½” thick rounds, and then cut into 1” pieces. Transfer to a medium bowl and add cucumbers, scallions, and remaining 1 tsp. lime juice; toss to combine; season with salt.

Heat remaining 2 tbsp. oil in a large skillet over high heat; working in batches, if needed, cook shrimp until charred in spots and cooked through, about 3 minutes per side. Divide rice among 4 bowls and top with shrimp, citrus salad and avocado. Drizzle with reserved dressing.

BLACK BEAN AND VEGGIE RICE BOWL

1 clove garlic, minced
1 (15 oz.) can black beans, drained but not rinsed
1 tbsp. olive oil
¼ tsp. cumin
Pinch of kosher salt
1½ cups uncooked brown rice
1 pint grape tomatoes
1 ripe avocado
1 cup frozen corn kernels, defrosted or small can corn
¼ red onion thinly sliced
Cilantro Lime Sauce – recipe follows

Cook rice according to package instructions. Once cooked, divide into four serving bowls.

In a medium saucepan, heat the olive oil over medium heat. Add the garlic and sauté for 30 seconds to 1 minute, until fragrant but not yet browned. Add the beans, cumin, kosher salt and several grinds of black pepper; cook for 2 minutes until warmed through. Taste and add additional salt, if desired.

Make the Cilantro-Lime Sauce – recipe follows.

Slice the tomatoes in half. Slice the avocado. Defrost the corn. Thinly slice the red onion. To serve; top rice with beans and vegetables, drizzle with the Cilantro-Lime sauce and garnish with a few sprigs of fresh cilantro.

CILANTRO-LIME SAUCE

2 tbsp. olive oil
½ avocado – peeled and pitted
¼ cup water
½ cup chopped green onion
¾ cup cilantro leaves
2 cloves garlic – diced
Juice of 1 lime

½ tsp. salt

½ cup sour cream or Greek yogurt

Add all ingredients to a high speed blender or food processor. Pulse until it's mostly smooth – you want to leave it just slightly chunky with visible small bits of cilantro. Refrigerate any leftover.

SHRIMP FRIED RICE BOWL

1½ cups uncooked Jasmine rice

2 oz. vegetable oil

6-8 large shrimp, shelled, deveined and cut into ½" rounds

1-2 cloves garlic, chopped

2 green onions, sliced

¼ tsp. fresh ginger, peeled and chopped

3 large eggs

1/2 cup frozen peas

2 tbsp. soy sauce

1 tsp. sesame oil

Cook rice as per instructions – set aside

Heat ½ of the oil in large Sauté pan – add shrimp and sauté until cooked through.

Remove shrimp from pan, set aside. Wipe pan clean.

Heat remaining oil in pan – add garlic, green onions, ginger and sauté until soft.

Add eggs and cook, stirring constantly, until scrambled. Add peas and cook until heated through. Add rice, soy sauce and cook for 3 minutes, mixing well.

Add shrimp, toss to combine then add the sesame oil, toss again. Divide this among four bowls and enjoy.

PORK BANH MI RICE BOWLS

1½ cups uncooked rice, your choice
3 boneless pork loin chops (4 oz. each)
½ teaspoon pepper
1 Tablespoon olive oil
½ cup sweet chili sauce, divided
2 Tablespoons soy sauce
1 ¼ cups shredded lettuce
1 medium carrot, peeled and shredded
2 Tablespoons rice vinegar
1 small cucumber, peeled and sliced into 3-inch strips
¼ cup chopped fresh cilantro
2 green onion, chopped
½ jalapeno pepper, seeded and thinly sliced
Sriracha Asian hot chili sauce

Cook rice according to package instructions. Once cooked, divide evenly among four rice bowls.

Sprinkle pork chops with pepper. In a large skillet, heat oil over medium heat, add chops; cook 2-3 minutes on each side. Combine ¼ cup sweet chili sauce with soy sauce; pour over chops. Reduce heat to medium-low; cook and stir until sauce is slightly thickened, 2-3 minutes. Remove from heat.

Toss lettuce and carrot with rice vinegar; set aside.

When pork is cool enough to handle, slice into 2-inch long thin strips; return to skillet to coat with sauce and cook, if needed.

Spoon the pork strips evenly among the four rice bowls. Cover with lettuce mixture, cucumber spears, cilantro, green onions and jalapeno. Top with remaining sweet chili sauce. Serve immediately with extra Sriracha/chili sauce, if desired. Enjoy!