

Find more family-friendly grain-bowl inspo in Sizemore's cookbook *Build-a-Bowl*.

Grain-Bowl Dinners

Move over, taco night. You and your kids can personalize these trendy (and healthy!) DIY meals so everyone at the table is happy.

by **NICKI SIZEMORE** / photographs by **ANTONIS ACHILLEOS**

PICKY-EATER TWEAK

Got a choosy child? Cook his portion of meats and veggies without spices, and serve sauces on the side for dunking. You can also omit garnishes entirely.

Carrot and Chickpea Shawarma Bowls

For recipe, see page 108.

**SAVE EXTRA
SAUCE**

The curry dressing also tastes great on turkey burgers and as a dip for roasted veggies. It can be refrigerated for up to a week.

**Coconut
Shrimp Curry
Bowls**

For recipe, see page 108.

**Steak and
Veggie Fajita
Bowls**

For recipe, see page 110.

**SWAP THE
PROTEIN**

Serve thinly sliced
chicken breasts
or tofu instead of
the steak.
Adjust broiling time
as needed.



The Recipes

Carrot and Chickpea Shawarma Bowls

Preheat the oven to 400°F. Line two sheet pans with parchment paper. Thinly slice **5 medium carrots** (about ½-in. thick) and place in a medium bowl with **one 15.5-oz. can reduced-sodium chickpeas** (rinsed, drained, and patted dry). Toss with **1 Tbs. olive oil, 1 Tbs. Moroccan spice rub**, and **¼ tsp. each kosher salt and pepper**. Divide between the two prepared sheet pans. Bake until carrots are lightly browned and tender and chickpeas have started to split, about 20 to 25 minutes, stirring and rotating pans halfway through.

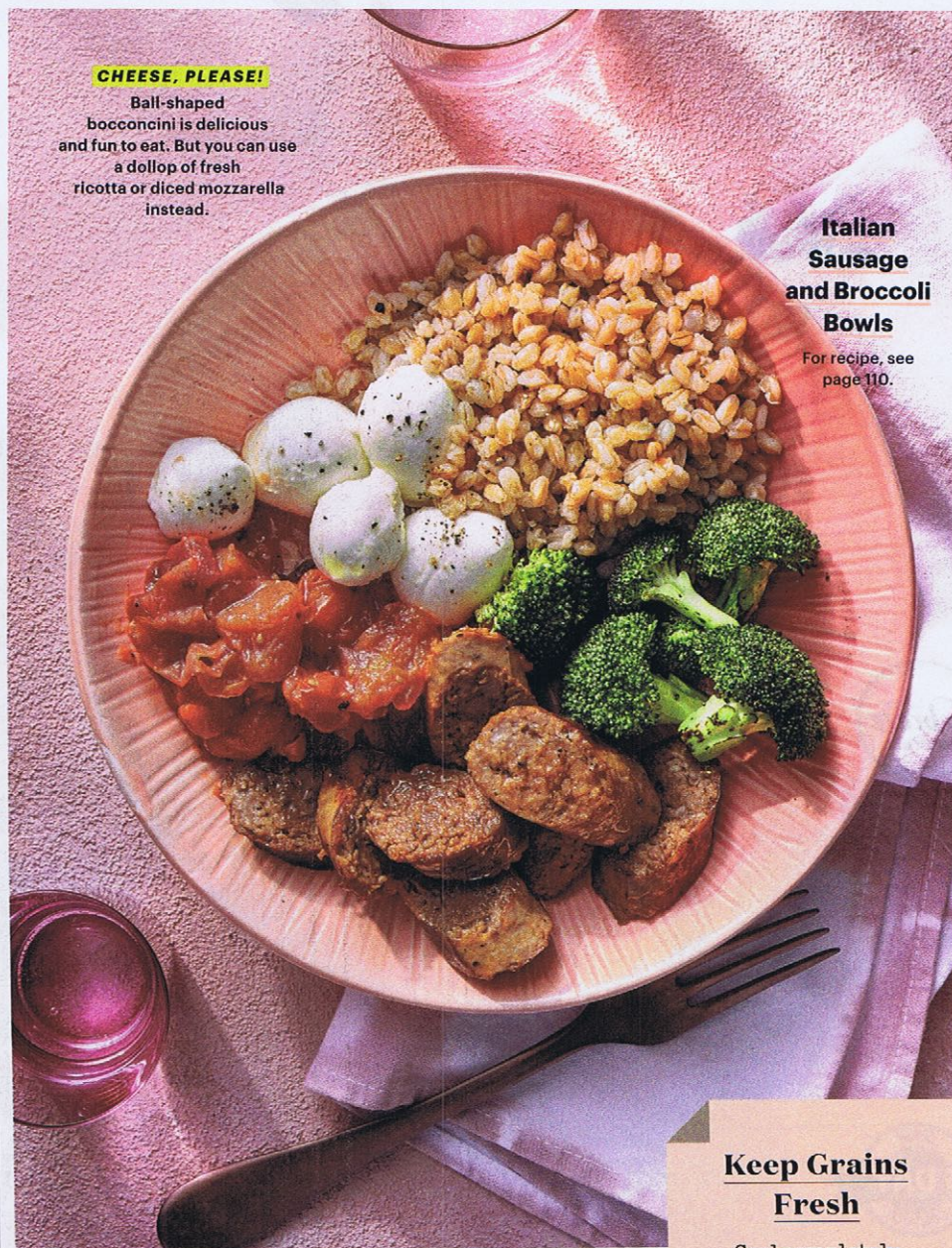
Whisk together **1 cup plain whole-milk yogurt, 1 tsp. lemon juice, 1 small garlic clove, minced, 1 Tbs. finely chopped cilantro**, and **¼ tsp. Moroccan spice rub** in a small bowl. Heat a lightly oiled nonstick skillet over medium heat and crack in **4 eggs**. Cook until the whites start to turn opaque, then reduce the heat to low and cover. Continue cooking until the whites are set but the yolks are still runny (or however you like them!), about 3 minutes.

Serve the fried eggs, carrots, and chickpeas over **3 cups cooked whole grains** (such as wheat berries) divided among four bowls. Drizzle with the cilantro-yogurt sauce.

NUTRITION PER SERVING (4 servings) 451 calories; 19g protein; 18g fat (4g sat. fat); 54g carbs; 10g fiber; 11g sugar; 4mg iron; 181mg calcium; 580mg sodium

Coconut Shrimp Curry Bowls

Preheat the oven to 425°F. Place a rack in a large baking pan and coat with **nonstick cooking spray**. Line a second baking pan with parchment paper. Cut **1 large sweet potato** into ½-in. pieces and spread on lined baking pan. Toss with **1 Tbs. olive oil and ¼ tsp. each kosher salt and pepper**. Roast, stirring once, until browned and tender, about 30 minutes.



CHEESE, PLEASE!

Ball-shaped bocconcini is delicious and fun to eat. But you can use a dollop of fresh ricotta or diced mozzarella instead.

Italian Sausage and Broccoli Bowls

For recipe, see page 110.

Meanwhile, place **2 tsp. olive oil, ¼ cup shredded unsweetened coconut**, and **¼ cup panko breadcrumbs** in a large skillet and cook over medium heat, stirring often, until golden and fragrant, about 2 to 3 minutes. Transfer to a shallow bowl.

In a separate shallow bowl, whisk together **1 large egg** and **¼ cup light mayonnaise**. Pat dry **1 lb. medium raw shrimp, peeled and deveined**. Coat shrimp in egg mixture, followed by coconut breadcrumbs. Line breaded shrimp on prepared rack. Roast until golden and

cooked through, about 10 to 12 minutes.

In a small bowl, whisk together **½ cup light mayonnaise, 1 Tbs. fresh lime juice, 2 tsp. honey, ¼ tsp. curry powder**, and **1 tsp. water**. Serve sweet potatoes and shrimp over **2 cups cooked whole grains** (such as brown rice), divided among four bowls. Drizzle with curry sauce. Top with **chopped cilantro**; serve with **lime wedges** if desired.

NUTRITION PER SERVING (4 servings) 591 calories; 28g protein; 29g fat (12g sat. fat); 58g carbs; 6g fiber; 9g sugar; 2mg iron; 102mg calcium; 735mg sodium

Keep Grains Fresh

Cool completely after cooking and transfer to an airtight container.

Refrigerate for up to 5 days or freeze for up to 3 months.

If frozen, defrost in the refrigerator overnight or in the microwave.

To warm the grains, microwave them for 1 to 3 minutes.

Chinet

cut crystal.

LIFE—Dinner

HAVING FRIENDS OVER? PREP A FEW GRAINS SO GUESTS HAVE A CHOICE. (QUINOA AND BROWN RICE ARE GLUTEN-FREE!)

How to Cook Whole Grains in a Multicooker

Get a head start on dinner by making a big batch of grains in advance and storing them in the fridge or freezer. Follow the package instructions for stovetop cooking, or break out your Instant Pot or other multicooker for a quicker, hands-off method.

Quinoa

Combine 2 cups quinoa and 2½ cups water in the multicooker. Cook under high pressure for 1 minute. Quick release pressure. **Makes 4 cups.**

Brown Rice

Combine 1 cup long-grain brown rice and 1½ cups water in the multicooker. Cook under high pressure for 20 minutes. Quick release pressure. **Makes 3 cups.**

Farro

Combine 1 cup farro and 3 cups water in the multicooker. Cook under high pressure for 15 minutes. Quick release pressure and drain. **Makes 2½ cups.**

Wheat Berries

Combine 1 cup wheat berries and 3 cups water in the multicooker. Cook under high pressure for 25 minutes. Quick release pressure and drain. **Makes 2½ cups.**

Steak and Veggie Fajita Bowls

Preheat the broiler. Cut a 1-lb. skirt steak, trimmed of fat, crosswise into thirds. Season the steak with ¼ tsp. each kosher salt and pepper, and sprinkle with 1 Tbs. fajita spice rub on all sides.

Spread 1 red onion, thinly sliced, 1 red sweet pepper, thinly sliced, and 1 yellow sweet pepper, thinly sliced, in a large foil-lined 15x10x1-in. baking pan. Toss with 1 Tbs. olive oil, 1 tsp. fajita spice rub, and ¼ tsp. each salt and pepper. Arrange the steak pieces over the vegetables.

Broil 4 to 5 in. from the heat until the steak is browned on top, about 5 to 6 minutes. Flip the steak pieces over, stir the veggies, and broil again until the steak is lightly browned and cooked to your liking (140°F for medium), about 3 to 5 minutes longer.

Transfer the steak to a cutting board. Tent loosely with tinfoil, and let rest.

In a small bowl, whisk ½ cup sour cream with ½ tsp. lime zest, 1 tsp. lime juice, and 1 Tbs. water. Slice the skirt steak thinly against the grain. Serve with the broiled vegetables over 2 cups cooked whole grains (such as quinoa) divided among four bowls. Garnish with shredded cheddar cheese, avocado slices, and the lime crema. Serve with hot sauce if desired.

NUTRITION PER SERVING (4 servings) 530 calories; 29g protein; 28g fat (10g sat. fat); 41g carbs; 6g fiber; 6g sugar; 3mg iron; 78mg calcium; 528mg sodium

Italian Sausage and Broccoli Bowls

Preheat the oven to 450°F. Chop 1 bunch broccoli into florets and spread on a large baking pan. Toss with 1 Tbs. olive oil and ¼ tsp. each kosher salt and pepper and roast until browned, about 15 to 20 minutes.

In a large nonstick skillet over medium heat, cook 3 to 4 Italian sausages

(12 oz. total), turning occasionally, until lightly browned, about 3 to 4 minutes. Reduce heat to medium-low, cover, and cook until sausages are cooked through, about 15 minutes longer. Transfer the sausages to a cutting board (do not drain skillet).

Add 2 pints grape tomatoes, 2 garlic cloves, peeled and smashed, and 1 tsp. sugar to the skillet. Cook over medium-high heat, stirring often, until tomatoes have softened and started to brown and burst, about 5 to 6 minutes. Remove from heat and add 3 Tbs. water. Using a potato masher, mash tomatoes into a coarse sauce. Cut sausages into slices and serve with roasted broccoli over 2 cups cooked whole grains (such as farro) divided among four bowls. Top with tomato sauce and 4 oz. bocconcini balls.

NUTRITION PER SERVING (4 servings) 543 calories; 24g protein; 28g fat (11g sat. fat); 42g carbs; 6g fiber; 11g sugar; 3mg iron; 70mg calcium; 697mg sodium

plot the perfect get-together

no matter which book you plan to read next, make sure the fully coordinated Chinet® Cut Crystal® collection is part of your prep. spoiler alert: you're going to like this ending.

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