



Good Grains

Whole grains are satisfying sources of energy and fiber, a hunger-crushing combination. *Build-a-Bowl* cookbook author Nicki Sizemore breaks down her formula for making satisfying grain bowls.

A Whole Grains

Wheat berries, sorghum, quinoa, buckwheat, spelt, farro, and barley; grains and the seeds of edible grasses (including buckwheat and sorghum) are some of our favorite complex-carb bases for grain bowls. Find them in the bulk bin aisle at the store and cook them in batches ahead of time, reheating half-cup servings as needed.

B Protein

Whole grains on their own contain some protein, but you can amp up the nutrition of your bowl by adding another type. Try beans or peas; eggs, meat, or seafood; or plant-based staples like hummus, tofu, or tempeh. A final sprinkle of cheese, nuts, or toasted seeds builds in even more.

C Vegetables

Veggies are important sources of color and flavor that prevent a grain bowl from feeling too heavy. Plan to add at least two types in combination: leafy plus starchy or crunchy plus juicy. Mixing raw and cooked vegetables, either warm or cool, guarantees dynamic texture variation.

D Flavorful Sauce

A well-chosen sauce or drizzle can absolutely be the difference between a boring bowl and one that sings. Your sauce can be simple—citrus juice, yogurt, tahini, or honey—or you can layer in lots of flavor with a vinaigrette, salsa, chimichurri, flavored mayo, hot sauce, or sambal. Combine them by pairing sweet and sour or creamy plus spicy.

E Finishing Touches

Restaurant-quality grain bowls often have that special something that takes them to the next level. Maybe it's a fried egg with a runny yolk, a few leaves of a fresh herb, or a sprinkle of flavorful spices like dried flaked chiles or za'atar. Don't skip these extras.



A

B

C

Bowl Goals

An easy way to add flavor to whole grains is to cook them in broth.



Miso-Glazed Eggplant Barley Bowl



LAMB MEATBALL FREEKEH BOWL

Freekeh (toasted green wheat) suits spiced lamb meatballs with asparagus, yogurt, and pomegranate.



SEARED HALLOUMI & QUINOA BOWL

A centerpiece for a vegetarian bowl, Halloumi is a firm cheese that browns without melting.



SMOKED SALMON MILLET BOWL

Soft-boiled eggs and a sprinkle of everything bagel seasoning give this millet bowl brunch vibes.