



Makes 4 bowls
Preparation Time: 25 minutes
Cook Time: 5 minutes

INGREDIENTS:

2 cups fresh green beans or cut-up long beans

8 oz. fresh button mushrooms, quartered

1 cup chopped red onion

1 medium bell pepper, sliced

½ cup low-sodium vegetable broth

2 tablespoons lime juice

1 tablespoon pure maple syrup

1 tablespoon sriracha sauce

2 teaspoons arrowroot powder

6 tablespoons chopped fresh cilantro

Sea salt, to taste

Freshly ground black pepper, to taste

4 cups sliced napa cabbage or red cabbage

6 cups hot cooked tricolor quinoa

2 tablespoons chopped unsalted peanuts

Thai Grain Bowls

Grain bowls are all about creating layers of flavor, texture, and color. This Thai-inspired version combines a medley of fresh vegetables with a light but flavorful sauce that weaves bright citrus and spicy heat throughout the dish. A bed of tricolor quinoa (or any other **whole grain** you have on hand) and crunchy cabbage form the perfect base to pile your veggies high. Sprinkle everything with peanuts, cilantro, and a little extra sriracha if you like it hot!

By Nancy Macklin, RDN

- 1 In an extra-large skillet cook green beans, mushrooms, onion, and bell pepper over medium 4 to 5 minutes or until green beans are crisp-tender, stirring occasionally and adding water, 1 to 2 tablespoons, at a time, as needed to prevent sticking.
- 2 For sauce, in a small saucepan combine the next five ingredients (through arrowroot powder). Cook over medium 2 to 3 minutes or until thickened. Stir in half of the cilantro. Season with salt and black pepper.
- 3 Arrange cabbage, quinoa, and sautéed vegetables in four bowls. Drizzle with sauce and sprinkle with the remaining cilantro and the peanuts.