



Makes 4 bowls
Preparation Time: 20 minutes
Cook Time: 10 minutes

INGREDIENTS:

½ cup red wine vinegar

½ cup orange juice

2 tablespoons Dijon mustard

2 teaspoons ground cumin

Sea salt, to taste

Freshly ground black pepper, to taste

12 oz. thin green beans (haricots verts), halved crosswise

1 lb. assorted mushrooms (shiitake and oyster), stems removed

1½ cups hot cooked red quinoa

1½ cups hot cooked wild rice

1½ cups hot cooked yellow or brown lentils

4 cups Swiss chard, cut into strips, or stemmed and thinly sliced lacinato kale

2 oranges, peeled and sliced

½ cup slivered red onion

¼ cup sliced almonds, toasted

Mixed Grain Bowls with Mushrooms and Lentils

What do you get when you combine hearty quinoa, chewy **wild rice**, creamy yellow **lentils**, crisp green beans, savory mushrooms, and tender Swiss chard in one meal? The grain bowl of your dreams, that's what. This delicious recipe features the perfect balance of ingredients, but it's flexible enough to accommodate variations when you have leftover ingredients that need to be used before going bad. A zingy Dijon mustard dressing, citrus slices, and aromatic red onion contrast with the earthy veggies so you get a medley of vibrant flavors in every bite. Sprinkle on some slivered almonds for extra crunch right before serving, and dig in!

For more grain bowl recipes, check out these tasty ideas:

- [Pesto Grain Bowl with Grilled Vegetables](#)
- [Jerk Grain Bowls with Air-Fried Plantain Chips](#)
- [Quinoa-Chickpea-Sweet Potato Bowls with Peanut Sauce](#)
- Or check out our full collection of [grain bowls](#)

By Shelli McConnell

- 1 For dressing, in a small bowl whisk together vinegar, orange juice, mustard, cumin, salt, and pepper.
- 2 Place green beans in a steamer basket in a large saucepan. Add water to saucepan to just below basket. Bring to boiling. Steam, covered, 8 to 10 minutes or until crisp-tender.
- 3 In a large nonstick skillet cook mushrooms over medium about 10 minutes or until just tender, stirring occasionally.
- 4 In a medium bowl stir together quinoa, wild rice, and lentils. Divide Swiss chard among bowls. Top with grain mixture, green beans, mushrooms, and oranges. Drizzle with dressing. Sprinkle with onion and almonds.