



# One and done

All-in-one power bowls can star at any meal

by LAURA LANGSTON



Southwest Protein Breakfast Bowl with Sweet Potato and Black Beans

## COSTCO CONNECTION

You'll find ingredients to make power bowls in the warehouses, and bowls in the warehouses and at Costco.com. Groceries are available for delivery through Costco Grocery at Costco.com.

**P**ower bowls are the ultimate convenience meal. They're tasty, nutritious, fast and easy, and they can be served for breakfast, lunch or dinner. They're also adaptable and easily customized to suit picky eaters or those with dietary restrictions. Best of all, power bowls often rely on leftovers or readily available pantry items.

Sometimes called grain or Buddha bowls, power bowls generally have five components: a base, a protein, veggies or fruit, a small amount of healthy fat and a garnish.

**The base.** The bulk of the bowl is often a grain, but it could be potatoes, noodles, greens (or another vegetable) or yogurt for a breakfast or lunch bowl (yogurt can count as both a base and a protein).

**The protein.** Either plant- or animal-based protein, such as shredded or cubed meat, lentils or beans, eggs, tinned or fresh fish, and tofu or tempeh, are good choices.

**Vegetable or fruit.** Generally these make up a large part of the bowl. Aim for a mix of fresh and cooked (crunchy salad ingredients; roasted or steamed fresh or frozen vegetables). The same goes for fruit: Combine fresh berries or sliced melon with stewed fruit or applesauce.

**Healthy fat.** Thin dressings often make up the fat element, but try guacamole, hummus, homemade mayonnaise, yogurt, nondairy beverages, milk or a dash of infused oil or cheese instead.

**The garnish.** Add crunch, visual appeal and more taste with fresh sprouts, seeds or nuts, herbs, dried coconut, olives, pickles or fermented veggies, salsa or a sprinkle of nutritional yeast.

Here are some suggestions for a satisfying power bowl at any meal:

- For breakfast, cooked oatmeal can be topped with almond butter, chia or hemp seeds, fresh and/or dried fruit and a drizzle

## Southwest Protein Breakfast Bowl with Sweet Potato and Black Beans

4 eggs, scrambled (or your preferred preparation)

1 (14.5 oz) can black beans, drained and rinsed (warmed if preferred)

2 cups sweet potatoes, peeled, cubed and roasted

1 large avocado, pitted, peeled and sliced

1½ cups baby spinach, chopped

8 bacon slices, cooked

**Garnishes:** cilantro leaves, cheese, hot sauce or salsa, onion or pickled jalapeños, optional

Divide the scrambled eggs and black beans among 4 bowls. Add ½ cup sweet potatoes to each bowl, then add avocado slices. Add ½ cup spinach to each bowl. Finally, place 2 slices of bacon (whole or crumbled) in each bowl. Serve the bowls with any of the garnishes, if desired. Serve immediately after preparing. Makes 4 servings.

of maple syrup. Top yogurt with a scoop of peanut butter, sliced bananas, granola, flaxseeds and coconut flakes. Top leftover potatoes with scrambled tofu or a poached egg, black beans, avocado slices, salsa and a sprinkle of cheese.

- For lunch or dinner, a bed of kale or spinach can be topped with last night's leftover stir-fry and rice, edamame, peanut sauce and sesame seeds. Top quinoa or brown rice with tofu, chickpeas, fresh cucumbers, marinated artichoke hearts, feta cheese and a creamy tzatziki dressing. Use cooked pasta as a base for grilled chicken, arugula, red peppers, goat cheese, capers and a drizzle of balsamic glaze.

Whatever your ingredients and whenever you serve it, power bowls are sure to be a hit. ■

Laura Langston lives, writes and cooks in the Pacific Northwest.

## 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

¼ tsp black pepper

1½ cups uncooked quinoa, prepared according to package instructions, kept warm

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

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.

Divide the quinoa, arugula, beets and chicken among 4 bowls. Sprinkle with goat cheese and walnuts, and drizzle with vinaigrette. Makes 4 servings.

Recipes and images courtesy of Katie Kick ([goodlifeeats.com](http://goodlifeeats.com))

