



COMMUNITY | HEALTH | CARE

Easy Southwestern Grain Bowl

This is a versatile and easy recipe; you can use any cooked grain (rice, quinoa, bulger, faro, barely, etc.) and bean you have on hand. There is minimal chopping and no cooking, so this is a perfect recipe to get the kids involved with and they can customize their grain bowls with different toppings! This is also a nice way to use up some leftover veggies.

Ingredients

2 cups cooked quinoa or other grain
1 can black beans rinsed and drained
¼ cup frozen corn thawed
½ avocado diced or ½ cup prepared guacamole
½ cup prepared salsa

*optional additions diced onions, tomatoes, bell peppers, hot peppers, or your favorite veggie, chopped cilantro, sour cream, shredded cheese, diced chicken, or steak

Equipment

Can opener
Knife and cutting board
Large bowl
Measuring cups
Spoons for toppings
Bowls to serve
Clean hands

Directions

Have an adult help you open and rinse the beans and cook the quinoa if not already done.

In large bowl, combine beans, corn, avocado and salsa.

In individual serving bowls place 1 large spoonful of quinoa and top with bean mixture. Serve with optional toppings like hot sauce, shredded chicken or steak, sour cream, and cheese.

😊 **Little helpers:** This is a great dish for kids to help with. They can easily dump and mix all the ingredients. Let them get creative and choose which toppings to add.

🍏 **Health benefits:** USDA MyPlate recommends we make at least half our grains whole; using a cooked grain is a great way to meet this recommendation. Beans add valuable fiber and protein and the avocado adds some important heart healthy fats. Fat is especially important for little ones developing brains. Load your grain bowl with plenty of veggies to boost the nutritional value of this dish.