



←
SALMON
NOODLE

↑
TOFU
BROCCOLI

MOROCCAN
CHICKEN
↓

CRISPY CHICKPEA
AND KALE
↓

←
ROASTED
VEGETABLE

Dinner IN A BOWL

The secret to making a fast, nutritious, family-friendly feast? Start with a filling base and add ingredients you already have in the fridge.

PHOTOGRAPHED BY CON POULOS

1 PICK A BASE



WHEAT BERRIES



FARRO



QUINOA



BROWN RICE



WILD RICE



RICE NOODLES

SOBA NOODLES



ARUGULA

WATERCRESS



SPINACH

BABY KALE

Moroccan Chicken Bowl
Arugula + Moroccan Chicken (p. 64)
+ Tomato Salad (p. 66) + Sweet 'n'
Tangy Slaw (p. 66) + Quick Pickled
Onions (p. 71)

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CHOOSE YOUR PROTEIN

→ Hoisin Salmon

Season 4 (4-oz) skinless salmon fillets with ½ tsp each salt and pepper. Brush each fillet with 1 Tbsp hoisin sauce to coat. On a lined baking sheet, broil until opaque throughout, 2 to 3 minutes per side.

→ Moroccan Chicken

Combine 1 tsp sweet paprika, ½ tsp each ground cumin and cinnamon, ¼ tsp each salt and pepper, and pinch of red pepper flakes. Rub onto 4 (5-oz) boneless, skinless chicken breasts. Heat 1 Tbsp olive oil in a large skillet on medium. Cook chicken breasts until golden brown, 2 to 3 minutes per side. Transfer to oven and roast at 425°F until just cooked through, 9 to 11 minutes.

→ Crispy Spiced Tofu

Slice 14 oz extra-firm tofu ¼ in. thick. Place on a cutting board between paper towels; top with a baking sheet and large cans or other weights; let sit 10 minutes. Toss with 3 Tbsp cornstarch, ½ tsp paprika, and ¼ tsp cayenne. Heat 2 Tbsp vegetable oil in a 12-in. skillet on medium-high. Carefully add tofu and cook until deep golden brown, 2 to 3 minutes per side. Transfer to a paper towel-lined plate and season with ¼ tsp each salt and pepper.

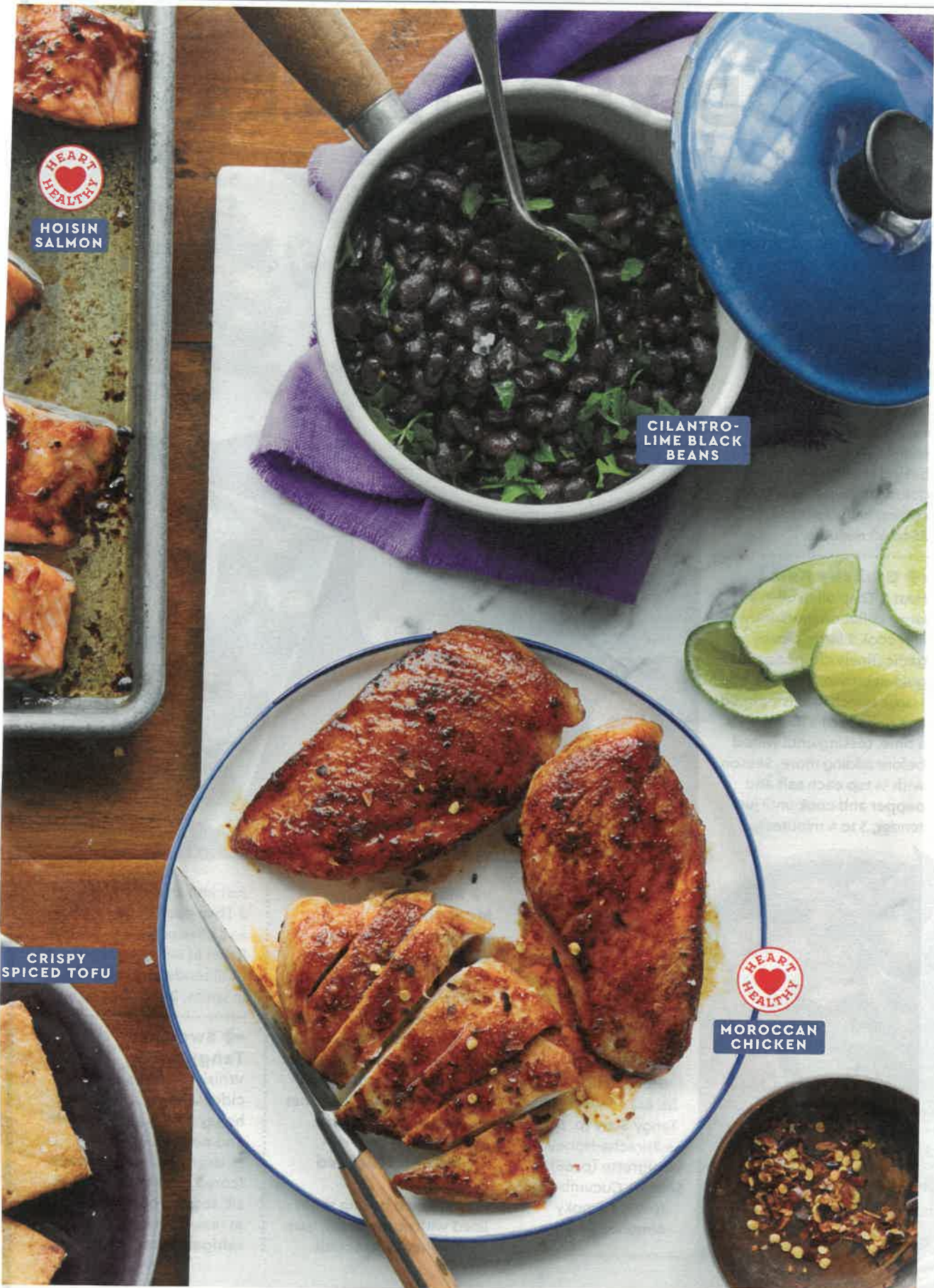
→ Cilantro-Lime Black Beans

In a small saucepan on medium heat, combine 1 (15-oz) can black beans (rinsed) and ½ tsp each ground cumin and salt and cook until warm. Add ¼ cup chopped cilantro and 2 Tbsp fresh lime juice.

Crispy Chickpea & Kale Bowl

- Farro + Garlicky Kale (p. 66)
- + Tomato Salad (p. 66) +
- Romesco Sauce (p. 68)
- + Crispy Chickpeas (p. 71)
- + Avocado





HOISIN SALMON

CILANTRO-LIME BLACK BEANS

CRISPY SPICED TOFU



MOROCCAN CHICKEN

3 ADD VEGETABLES

→ Tomato Salad

Toss 1 pint cherry tomatoes (halved) with 1 Tbsp olive oil, 1 sliced scallion, and pinch each salt and pepper.

→ Maple-Chili Sweet Potatoes

Whisk together 2 Tbsp each olive oil and maple syrup, 1 tsp chili powder, and ¼ tsp each cayenne and salt. Toss with 2 medium sweet potatoes (½-in. chunks). Roast on rimmed baking sheet at 425°F until golden brown and tender, stirring halfway through, 35 to 40 minutes.

→ Garlicky Kale

Heat 2 Tbsp olive oil in a large skillet on medium and cook 2 large cloves garlic (finely chopped) until golden brown, 1 minute. Add 1 large bunch kale (stemmed and chopped) a handful at a time, tossing until wilted before adding more. Season with ¼ tsp each salt and pepper and cook until just tender, 3 to 4 minutes.



Salmon Noodle Bowl

Rice noodles + Hoisin Salmon (p. 64) + Sweet 'n' Tangy Slaw (p. 66) + Sriracha-Honey Vinaigrette (p. 68) + Sesame Cucumbers (p. 71) + Smoky Almonds (p. 71)

→ Marinated Mushrooms

Whisk together 2 Tbsp each balsamic vinegar and olive oil, 1 Tbsp Dijon mustard, and ¼ tsp each salt and pepper. Toss with 1 lb cremini mushrooms (halved or quartered if large). Roast on a rimmed baking sheet at 425°F until liquid has evaporated, 20 minutes.

→ Honey Mustard Broccoli

On a rimmed baking sheet lined with nonstick foil, toss 2 large heads broccoli

(cut into small florets) with 2 Tbsp each honey mustard and olive oil, and ½ tsp salt. Roast at 425°F, tossing once, until tender and charred in spots, 25 to 30 minutes.

→ Sweet 'n' Tangy Slaw

Whisk together 2 Tbsp cider vinegar, 1 Tbsp honey, and ¼ tsp each salt and pepper. Toss with ½ large head red cabbage (cored and shredded). Let sit, tossing occasionally, at least 10 minutes or refrigerate up to 3 days.

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DRIZZLE ON SAUCE



MEDITERRANEAN OLIVE SAUCE



CILANTRO-LIME YOGURT



SRIRACHA-HONEY VINAIGRETTE



ROMESCO SAUCE

→ Mediterranean Olive Sauce

In a blender, purée 1 cup pitted olives, ¼ cup olive oil, 2 Tbsp lemon juice, 1 tsp Dijon mustard, ¼ cup fresh parsley leaves, 2 cloves garlic, and ¼ tsp red pepper flakes until nearly smooth.

→ Cilantro-Lime Yogurt

In a blender, purée 1 jalapeño (seeded and chopped), 1 cup Greek yogurt, ½ cup cilantro, 2 Tbsp fresh lime juice, and ¼ tsp each ground cumin and salt until very smooth.

→ Sriracha-Honey Vinaigrette

Whisk together 2 Tbsp each cider vinegar and olive oil, 1 Tbsp sriracha, 1 tsp honey, and ¼ tsp salt.

→ Romesco Sauce

In a food processor, pulse 1 cup roasted red peppers, ½ cup (packed) parsley, ¼ cup roasted salted almonds, and pinch salt until almost smooth.

Roasted Vegetable Bowl

Spinach + Cilantro-Lime Black Beans (p. 64) + Maple-Chili Sweet Potatoes (p. 66) + Marinated Mushrooms (p. 66) + Romesco Sauce (p. 68) + Parmesan-Parsley Crumbs (p. 71) + Crumbled Feta

Prep Now, Eat Later

Make your favorite components earlier in the week, then simply assemble night-of for a fast, fresh dinner.

TO STORE: Keep all ingredients refrigerated separately in tightly sealed containers for up to 3 days.

TO SERVE: Enjoy at room temp, or briefly reheat roasted vegetables and proteins in a 375°F oven for about 15 minutes (microwaving tends to make some things soggy).

