ANATOMY OF A GRAIN BOWL

1. WHOLE GRAINS
   - Sorghum
   - Quinoa
   - Brown Rice
   - Wild rice (a grass)
   - Corn
   - Farro, freekeh, barley
   - Amaranth, millet, oats
   - Whole grain noodles/pasta

2. VEGETABLES
   - Kale, spinach, romaine, arugula
   - Asparagus
   - Avocado
   - Carrots
   - Broccoli
   - Cauliflower
   - Bell peppers
   - Zucchini
   - Squash
   - Green beans
   - Tomatoes
   - Shaved Brussels sprouts

3. PROTEINS
   - California Walnut Chorizo Meat
     [see recipe on back]
   - Fish
   - Chicken
   - Egg
   - Beans (black, garbanzos, white, etc.)
   - Edamame
   - Tofu
   - Lentils
   - Nuts and seeds
   - Cheese

4. SEASONINGS AND SAUCES
   - Fresh or dried herbs
     (oregano, thyme, dill, cilantro, etc.)
   - Spices (cumin, garlic, paprika, turmeric, crushed red pepper, etc.)
   - Plain Greek yogurt or yogurt-based dressing
   - Olive oil, vinegar or a vinaigrette dressing
   - Salsa
   - Pesto
   - Tahini

5. EXTRA FLAVOR
   - Fresh fruit
     (berries, melon, apple, etc.)
   - Dried fruit
     (raisins, cherries, apricots, etc.)
   - Toasted sesame seeds
   - Sun-dried tomatoes
   - Olives
   - Capers
   - Pepperoncinis
   - Citrus juice and zest

Courtesy of Wendy Bazilian, DrPH, MA, RDN, wendybazilian.com
California Walnut Chorizo Meat

This vegan meat substitute is the perfect complement to a frittata, omelet, burrito, taco, soup, or pasta dish.

**Prep Time 15 Mins | Cook Time 5 Mins | Total Time 20 Mins**

**INGREDIENTS**
- 3 cups California walnuts
- 1 ½ cups chickpeas, cooked
- 1 cup vegetable oil
- 1 tablespoon white vinegar
- 1 tablespoon paprika
- 2 teaspoons salt, kosher
- 2 teaspoons Ancho pepper, ground
- 2 teaspoons oregano, dried
- 1 teaspoon chipotle, ground
- 1 teaspoon cumin, ground
- 1 teaspoon coriander, ground

**PREPARATION**
1. Combine all ingredients in a food processor and pulse until walnuts are the size of a grain of rice.
2. Store in refrigerator until ready to use.

How to Toast Walnuts

Toasting walnuts is a step that some cooks skip, which is unfortunate because this simple effort can really transform a dish from good to amazing. It deepens the flavor of walnuts, making them even more nutty and complex. It also gives them a crisper texture, which is one of the reasons they make great additions to so many recipes.

There are two basic ways to toast walnuts: in the oven or on the stovetop.

**Oven Toasting**
Great for large & small batches of walnuts.

**Directions**
- Do not chop or mince walnuts before toasting.
- Place nuts in a single layer in an ungreased, shallow pan or rimmed cookie sheet in order to prevent spillage.
- Bake 8 to 10 minutes or until the nuts are golden brown.
- Stir or shake the pan during toasting in order to aid in their browning evenly.
- Be careful not to burn the walnuts.
- Remove the pan to cool.
- Toasted, deep golden-colored walnuts will continue to brown slightly after they’re removed from the oven.
- If desired, sprinkle with salt when cool.

**Stovetop Toasting**
Good for small batches of walnuts.

**Directions**
- Do not chop or mince walnuts before toasting.
- Heat walnuts in a dry, heavy skillet over medium heat for 1 to 2 minutes or until they are golden brown and smell toasted.
- Since the nuts will burn easily in a skillet, you must stir constantly to ensure even toasting until the nuts turn a rich, golden brown.
- Remove walnuts to a plate or bowl to cool.
- If desired, sprinkle with salt when cool.