

DR. WENDY BAZILIAN'S

# ANATOMY OF A GRAIN BOWL



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## WHOLE GRAINS

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

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## VEGETABLES

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

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## PROTEINS

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

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## 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

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## 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



# 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.

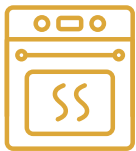


California Walnut Chorizo Frittata  
Recipe Available at [Walnuts.org](http://Walnuts.org)

## 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.



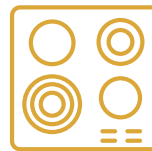
### Oven Toasting

Great for large & small batches of walnuts.

#### Directions

- Preheat oven to 350°F.

- **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.