ASAIN INFLUENCED HEAVENLY GRAIN BOWL

Servings: 5 **Cook Time: 30 Minutes**

Ingredients:

The Dressing:

- ¼ cup peanut butter
- 1 teaspoon sesame oil
- ¼ cup rice vinegar
- 3 tablespoons soy sauce
- ¼ cup water
- 1 to 2 tablespoons sriracha

The Bowl:

- 3 cups cooked quinoa or brown rice or a combination of both
- 1 avocado, peeled and chopped
- 1 Roma tomato, chopped
- 1 cup shredded lettuce or chopped spinach
- ½ cup cooked black beans or chickpeas

Anderson Free Clinic
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Instructions:

1. In a bowl, whisk the dressing ingredients together.
2. Portion out grains into five bowls, then top each bowl with avocado, tomato, greens, and beans.
3. Drizzle each with dressing.