

nutrition

(*Making sense of all that science*) *made* easy

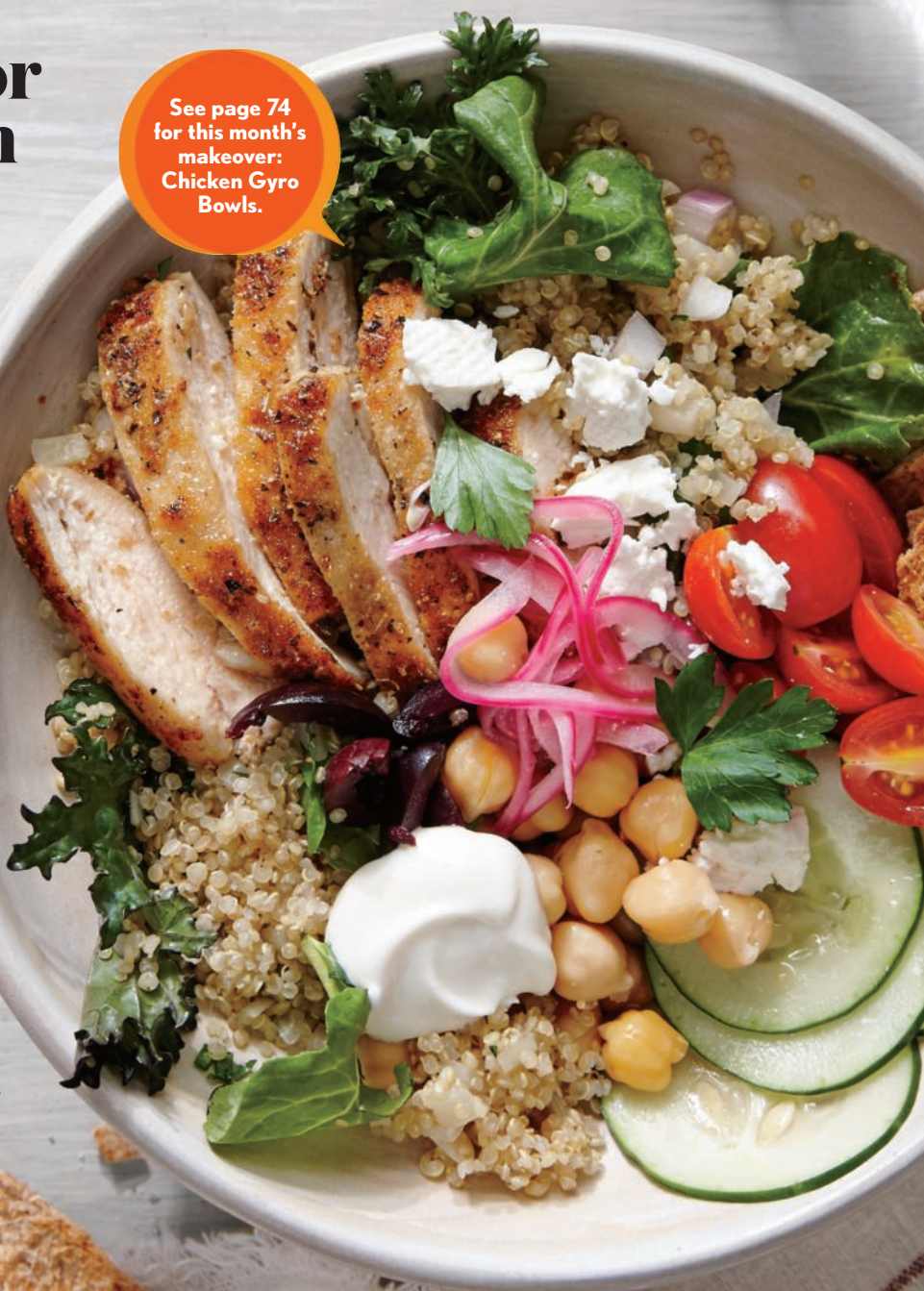
Go Bowling for Better Health

Why we should all be eating more meals in bowls

BY SIDNEY FRY, MS, RD

When food is arranged on a plate, the likelihood that one or more portions will be off-balance is far greater than if it's in a bowl. Plates have centers and edges to be filled. Plus, not only are they getting bigger, up 36% since 1960, but they also have a center, or focal point, which often falls to meat. A bowl, however, "demands another way of eating," says Michael Anthony, executive chef of New York's Gramercy Tavern and author of *V Is for Vegetables*. "You can't cut a big steak in a bowl. Instead, grains can become the stage for so many delicious vegetables: stews of beans, piles of greens, and roasted roots, sparkled by zingy pickles and relishes." Bowls encourage mixing ingredients, no matter how motley they may be, and instantly transform your meal into a stack, allowing you to build texture and flavor with layers. And quite simply, bowls hold less food than plates. Ready to build one? Turn the page for details.

See page 74 for this month's makeover: Chicken Gyro Bowls.



GO BOWLING

Our Bowl-Building Blueprint

Start with whole grains, add veggies and beans, sprinkle with protein, and drizzle with sauce. Top with crunch, and toss.



Add something crunchy like nuts or seeds, and finish with something bright like fresh herbs to make the top pop.



SAUCE IT UP

This is your key component. The sauce is what brings all the bits and pieces together.

A LITTLE MEAT TRAVELS FAR

There's no center stage in a bowl. A few ounces of meat or seafood serve as an excellent flavor booster; season well, and shred or finely chop to get a little in each bite. Big-flavor foods like smoked meats, bacon, or a fried egg work wonders on top of a bowl.

PILE ON THE PRODUCE

Mix and match veggies. Try raw spinach with pickled onion, or grilled pineapple with shredded cabbage. Aim for at least 1 cup veggies and 1/3 cup beans.

ACE THE BASE

Start with whole grains. They'll add volume and fiber (and fill up your stomach), while soaking up all the saucy goodness that trickles down through the top layers.



GO BOWLING

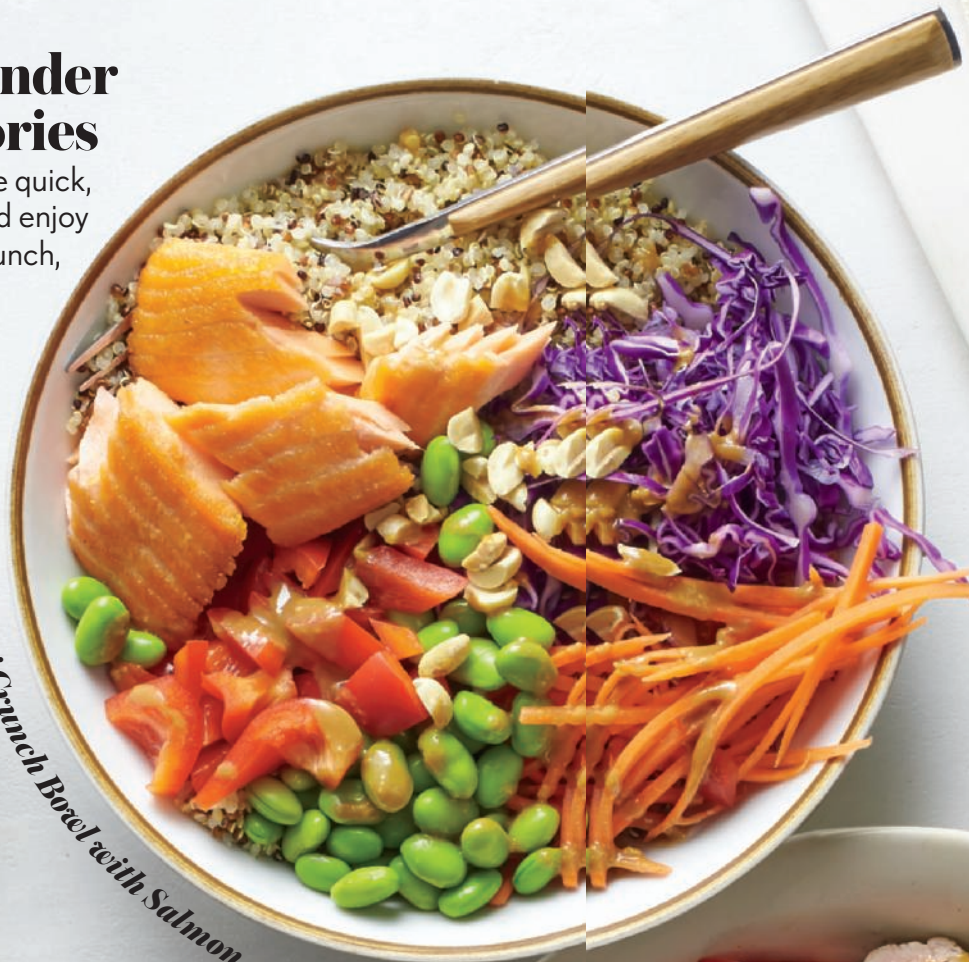
**6 Bowls Under
400 Calories**

Build one of these quick,
tasty combos, and enjoy
for breakfast, lunch,
or dinner.

Peruvian Steak & Roasted Sweet Potato Bowl



Thai Crunch Bowl with Salmon



Southern Barbecue Bowl



Korean Shrimp BBQ Bowl



Grilled Hawaiian Bowl



California Caprese Bowl





GO BOWLING

THE BOWLS



THE SAUCES



KOREAN SHRIMP BBQ BOWL

$\frac{2}{3}$ cup cooked brown rice + 2 cups fresh spinach plus 1 ounce shiitake mushrooms seared in $\frac{1}{2}$ teaspoon canola oil + $\frac{1}{4}$ cup matchstick-cut carrot + $\frac{1}{3}$ cup shredded cabbage + 2 tablespoons chopped green onions + 3 ounces pan-seared large shrimp + 1 fried egg + Spicy Aioli

▶ **CALORIES** 400; **FAT** 14.3g (sat 2.2g, mono 5.3g, poly 3.2g); **PROTEIN** 27g; **CARB** 43g; **FIBER** 6g; **SUGARS** 7g (est. added sugars 3g); **CHOL** 311mg; **IRON** 4mg; **SODIUM** 595mg; **CALC** 177mg



THAI CRUNCH BOWL WITH SALMON

$\frac{2}{3}$ cup cooked quinoa + 2 tablespoons matchstick-cut carrot + 2 tablespoons chopped red bell pepper + 2 tablespoons steamed edamame + $\frac{1}{4}$ cup shredded red cabbage + 3 ounces broiled salmon + 1 teaspoon chopped dry-roasted peanuts + Sesame-Peanut Sauce

▶ **CALORIES** 397; **FAT** 15.3g (sat 1.9g, mono 4.3g, poly 3.3g); **PROTEIN** 31g; **CARB** 34g; **FIBER** 6g; **SUGARS** 4g (est. added sugars 0g); **CHOL** 54mg; **IRON** 3mg; **SODIUM** 302mg; **CALC** 59mg



CALIFORNIA CAPRESE BOWL

$\frac{1}{2}$ cup cooked farro + 1 cup baby arugula + 3 tablespoons chopped peeled avocado + $\frac{2}{3}$ cup tomato wedges + 1 ounce torn fresh mozzarella cheese + 2 tablespoons fresh basil + $\frac{1}{4}$ teaspoon freshly ground black pepper + 1 cooked and crumbled center-cut bacon slice + Balsamic-Dijon Sauce

▶ **CALORIES** 340; **FAT** 19.2g (sat 6.1g, mono 9.7g, poly 1.6g); **PROTEIN** 12g; **CARB** 31g; **FIBER** 6g; **SUGARS** 5g (est. added sugars 0g); **CHOL** 25mg; **IRON** 2mg; **SODIUM** 463mg; **CALC** 220mg



PERUVIAN STEAK & ROASTED SWEET POTATO BOWL

$\frac{1}{2}$ cup cooked brown rice tossed with 1 tablespoon salsa verde + $\frac{1}{3}$ cup black beans + 2 tablespoons thinly sliced peeled avocado + $\frac{1}{2}$ cup cubed roasted sweet potato + $1\frac{1}{2}$ ounces grilled flank steak + 1 tablespoon roasted pumpkinseed kernels + 2 tablespoons fresh cilantro + Honey-Chipotle-Lime Sauce

▶ **CALORIES** 398; **FAT** 12.4g (sat 2.3g, mono 6.4g, poly 1.2g); **PROTEIN** 21g; **CARB** 52g; **FIBER** 10g; **SUGARS** 7g (est. added sugars 3g); **CHOL** 32mg; **IRON** 3mg; **SODIUM** 438mg; **CALC** 73mg



SOUTHERN BARBECUE BOWL

$\frac{1}{2}$ cup cooked bulgur + $\frac{1}{2}$ cup oil-based coleslaw + $\frac{1}{3}$ cup unsalted pinto beans + $\frac{1}{4}$ cup charred corn + 4 bread-and-butter pickle slices + 2 ounces roasted pork shoulder + Tangy White Sauce

▶ **CALORIES** 395; **FAT** 13.5g (sat 2.9g, mono 7.1g, poly 2.7g); **PROTEIN** 24g; **CARB** 44g; **FIBER** 10g; **SUGARS** 9g (est. added sugars 5g); **CHOL** 54mg; **IRON** 3mg; **SODIUM** 403mg; **CALC** 90mg



GRILLED HAWAIIAN BOWL

$\frac{2}{3}$ cup cooked brown rice + 2 slices ($\frac{1}{4}$ -inch-thick) grilled fresh pineapple + $\frac{1}{3}$ cup chopped red bell pepper + $\frac{1}{4}$ cup thinly sliced grilled red onion + $\frac{1}{2}$ cup grilled sliced zucchini + 3 ounces grilled pork tenderloin + Honey-Soy Sauce

▶ **CALORIES** 393; **FAT** 10.8g (sat 1.4g, mono 4.8g, poly 2g); **PROTEIN** 22g; **CARB** 56g; **FIBER** 6g; **SUGARS** 22g (est. added sugars 6g); **CHOL** 45mg; **IRON** 3mg; **SODIUM** 588mg; **CALC** 41mg



SPICY AIOLI

2 teaspoons gochujang (Korean chile sauce) + $1\frac{1}{2}$ teaspoons canola mayonnaise + $\frac{1}{4}$ teaspoon dark sesame oil + 1 small minced garlic clove



SESAME-PEANUT

1 teaspoon creamy peanut butter + 1 teaspoon lower-sodium soy sauce + $\frac{1}{2}$ teaspoon rice vinegar + $\frac{1}{2}$ teaspoon dark sesame oil + $\frac{1}{2}$ teaspoon fresh lime juice



BALSAMIC-DIJON

$1\frac{1}{2}$ teaspoons olive oil + 1 teaspoon balsamic vinegar + $\frac{1}{4}$ teaspoon Dijon mustard + $\frac{1}{8}$ teaspoon kosher salt



HONEY-CHIPOTLE-LIME

1 teaspoon olive oil + 1 teaspoon adobo sauce + $\frac{1}{2}$ teaspoon honey + 1 teaspoon fresh lime juice



TANGY WHITE

1 tablespoon cider vinegar + 2 teaspoons canola mayonnaise + $\frac{1}{8}$ teaspoon freshly ground black pepper + dash of kosher salt



HONEY-SOY

1 tablespoon lower-sodium soy sauce + $1\frac{1}{2}$ teaspoons rice vinegar + 1 teaspoon honey + 1 teaspoon canola oil + $\frac{1}{8}$ teaspoon crushed red pepper

GO BOWLING

THE RECIPE MAKEOVER

Rebuilding the Gyro Plate

THE WHOLE OF a gyro platter is indeed greater than the sum of its parts, even when most of the parts are healthy: a crisp salad, cucumber-yogurt sauce, hummus, and rice. Add in a generous pile of salty lamb, cheese, olives, and pillowy pita bread, and that sum exceeds 1,000 calories and a whopping 3,500mg sodium. Here, we flip the platter into a whole-grain bowl layered with kale, veggies, herbs, and chickpeas. Then we top it with lean, spice-packed chicken, feta cheese, and tahini-spiked yogurt. It's everything you want from the hearty Greek platter with less than 400 calories—a sum of parts you can feel good about finishing.

HOW WE

FLIP THE PLATTER

THE GRAIN BASE

We use kale- and parsley-packed quinoa and build flavor for a 120-calorie, whole-grain base that saves 150 calories over buttery rice pilaf.

THE MEATY TOPPER

Lean chicken cutlets are coated in hearty spices, then thinly sliced to save 268 calories and 1,185mg sodium over the classic mound of shaved lamb.

THE CRUNCHY BREAD

Skip the pocketless pita, and serve with crunchy whole-grain pita chips instead. You'll save more than 200 calories and eliminate all refined carbs.

THE SAUCY DRIZZLE

Our tahini-packed yogurt is creamy and nutty with a pleasant tang, saving 114 calories over the heaping hummus-and-tzatziki combo.

CHICKEN GYRO BOWLS

Hands-on: 35 min. Total: 60 min.

The spice rub for the meat marries just as well with fish fillets, shrimp, or lean ground lamb or beef. Make a few extra batches of the rub and store it in an airtight container to use all summer long.

Pickles:

- 1/4 cup water
- 1/4 cup cider vinegar
- 2 teaspoons sugar
- 1/2 cup very thinly sliced red onion

Sauce:

- 1/2 cup 2% reduced-fat Greek yogurt
- 1 1/2 tablespoons tahini
- 1 tablespoon fresh lemon juice
- 2 tablespoons water

Bowls:

- 2 cups cooked quinoa
- 2 teaspoons olive oil, divided
- 1 cup baby kale, chopped
- 3/4 cup chopped fresh flat-leaf parsley, divided
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 3/4 teaspoon dried oregano
- 1/2 teaspoon ground cumin
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 (4-ounce) skinless, boneless chicken breast cutlets
- 1/2 (6-inch) whole-wheat pita, cut into 6 wedges, then separated

Cooking spray

- 1 cup grape tomatoes, halved
- 1 cup thinly sliced cucumber
- 1/2 cup canned chickpeas, rinsed and drained
- 12 kalamata olives, thinly sliced
- 1.5 ounces feta cheese, crumbled

1. To prepare pickles, combine 1/4 cup water, vinegar, and sugar in a medium microwave-safe bowl; microwave at HIGH 2 minutes or until boiling. Stir in onion. Remove from heat; let stand 20 minutes at room temperature. Drain.
2. To prepare sauce, combine yogurt, tahini, juice, and 2 tablespoons water in

a small bowl, stirring well with a whisk. Refrigerate until ready to use.

3. To prepare bowls, combine quinoa and 1 teaspoon oil in a medium bowl; toss to coat. Add kale and 1/2 cup parsley. Toss to combine.
4. Combine onion powder, garlic powder, oregano, cumin, salt, and pepper in a small bowl. Heat a large skillet over medium-high heat. Add remaining 1 teaspoon oil to pan; swirl to coat. Sprinkle chicken evenly with spice mixture; gently pat onto chicken (chicken will be heavily coated). Add chicken to pan; cook 4 minutes or until golden brown. Turn and cook 2 minutes or until done. Let stand 5 minutes. Thinly slice chicken.
5. Preheat broiler to high.
6. Arrange pita triangles in a single layer on a baking sheet; coat pita evenly with cooking spray. Broil 1 to 2 minutes on each side or until crisp.
7. Place about 3/4 cup quinoa mixture in each of 4 bowls. Top each serving with 1/4 cup tomatoes, 1/4 cup cucumber, 2 tablespoons chickpeas, one-fourth of olives, one-fourth of cheese, one-fourth of pickled onion, and one-fourth of sliced chicken. Drizzle evenly with yogurt mixture. Top evenly with pita wedges. Sprinkle bowls evenly with remaining 1/4 cup parsley.

✓ SERVES 4 (serving size: 1 bowl)
CALORIES 381; **FAT** 13.3g (sat 3.1g, mono 3.3g, poly 2g);
PROTEIN 26g; **CARB** 41g; **FIBER** 7g; **SUGARS** 5g
 (est. added sugars 0g); **CHOL** 41mg; **IRON** 4mg; **SODIUM** 608mg; **CALC** 190mg



OUR CHICKEN GYRO BOWL SAVES
 783 calories,
 20g sat fat, and 2,955mg
 sodium (!) over the
 traditional gyro platter.