

NUTRITION

Buddha Bowls

Recipe Found: <https://www.delish.com/cooking/menus/recipes/a50768/buddha-bowls-recipe/>

Recipe Shared By Texas Oncology's Nicole Hodac, MS, RDN, CSO, LD



PHOTO: JULIA GARTLAND; FOOD STYLING: BARRETT WASHBURN

INGREDIENTS

- 1 large sweet potato, peeled and cut into ½ inch cubes
- 1 large red onion, diced
- 3 tbsp extra virgin olive oil, divided
- Kosher salt
- Freshly ground black pepper
- 1 lb boneless, skinless chicken breasts
- ½ tsp garlic powder
- ½ tsp ground ginger
- 1 small clove garlic, minced
- 2 tbsp creamy peanut butter
- ¼ cup juice of 1 lime
- 1 tbsp low-sodium soy sauce
- 1 tbsp honey
- 1 tbsp toasted sesame oil
- 4 cups cooked brown rice
- 1 avocado, thinly sliced
- 2 cups baby spinach
- 1 tbsp freshly chopped cilantro, for garnish
- 1 tbsp toasted sesame seeds

DIRECTIONS

1. Preheat oven to 425°. On a large baking sheet, toss sweet potatoes and onion with 1 tbsp of olive oil and season with salt and pepper. Bake until tender, 20 to 25 minutes.
2. Meanwhile, in a large skillet over medium-high heat, heat 1 tbsp of olive oil. Season chicken with garlic powder, ginger, salt, and pepper. Cook until golden and no longer pink, 8 minutes per side. Let rest 10 minutes, then slice.
3. In a small bowl, whisk together garlic, peanut butter, lime juice, soy sauce, and honey. Whisk in sesame oil and remaining 1 tbsp olive oil until smooth.
4. Divide rice among four bowls and top each with sweet potato mixture, chicken, avocado, and baby spinach. Sprinkle with cilantro and sesame seeds and drizzle with dressing before serving.

NUTRITION

Healthy Mexican Street Corn Burrito Bowls

Recipe Found: <https://www.chelseasmessyapron.com/healthy-mexican-street-corn-burrito-bowls/>

Recipe Shared By Texas Oncology's Nicole Hodac, MS, RDN, CSO, LD



INGREDIENTS

Burrito Bowls:

- 1 cup uncooked brown rice
- 2 cans (15 ounces each) sweet corn
- 2 red bell peppers, thinly sliced, seeds removed
- ½ bunch fresh cilantro, chopped
- 3 green onions, chopped
- 1 tbsp jalapeño, diced
- ½ tsp paprika
- 1 can (15 ounces) black beans, drained and rinsed
- 1 large avocado

Dressing:

- ½ cup Kraft Avocado Oil Mayo
- 2 large limes, separated
- ⅛ tsp ground cumin
- ¼ tsp paprika
- ½ tsp chili powder
- 1 ½ tsp Sriracha
- Salt and pepper

DIRECTIONS

1. Prepare the brown rice according to package directions. Set aside to cool slightly.
2. Combine all the dressing ingredients: mayo, 3 tbsp lime juice, ½ tsp lime zest, ground cumin, paprika, chili powder, Sriracha, and a pinch of salt and pepper (to taste). Whisk and place in fridge while you prep the remainder of the bowl.
3. Sauté corn kernels in a preheated large cast-iron skillet (3-5 minutes), stirring constantly, until kernels are lightly charred over high heat. Remove to a bowl. Add the pepper and again sauté over high heat stirring occasionally until lightly charred and crisp tender. Remove to a bowl.
4. Season the corn and pepper with salt and pepper to taste. Let cool to room temp and then add in the chopped cilantro, chopped green onions, diced jalapeño, and ½ tsp paprika. Add a squeeze of lime juice and toss.
5. Drain and rinse the black beans

TO ASSEMBLE BOWLS

1. Fill the bottom of 4 bowls with brown rice.
2. Add even amounts of black beans and the corn + red pepper mixture.
3. Thinly slice the avocado and divide evenly among the bowls.
4. Top with the prepared dressing, another squeeze of lime as desired and enjoy immediately!

NUTRITION

Pineapple-Sriracha Chicken Bowls

Recipe Found: <http://www.spachethespatula.com/pineapple-sriracha-chicken-bowls-with-wild-rice/>

Recipe Shared By Texas Oncology's Nicole Hodac, MS, RDN, CSO, LD



INGREDIENTS

For the Chicken:

- 1 heaping cup pineapple chunks
- ¼ cup hoisin
- ¼ cup soy sauce
- 2 tbsp sriracha
- 1 tbsp coconut oil
- 2 garlic cloves, roughly chopped
- Juice from 1 lime
- 2 large chicken breasts (about 1 ¼ lbs)

For the Wild Rice:

- ⅔ cup wild rice
- 2 ½ cups low-sodium chicken stock
- Pinch of salt

For the Bowls: (use as a guideline, add what you want)

- Mixed greens
- Olive oil
- Sherry vinegar
- Kosher salt
- Avocado, sliced
- Cherry tomatoes, halved
- Toasted pistachios, chopped
- Extra pineapple

DIRECTIONS

1. In a small saucepan, combine all the marinade ingredients. Bring to a boil then reduce to low and simmer for 10 minutes.
2. Pour the warm sauce in a blender and blend until the garlic and pineapple are no longer chunky.
3. Add chicken breasts to a large Ziploc and pour in the marinade. Seal and chill in fridge for at least an hour and a half, or up to 4 hours.
4. Heat a grill pan over high heat and grill the chicken on both sides, brushing a bit of the marinade on as it cooks. If you need to, you can finish the chicken in a 350 degree oven.
5. Allow the chicken to cool for 5-10 minutes before slicing.
6. Heat the remaining marinade in a small pot. Bring to a boil for 5 minutes, then allow to cool and serve alongside the salads.
7. Add the rice, stock and salt to a sauce pan with a lid. Bring to a boil, then cover and cook for 50 minutes, until the grains bloom and rice looks fluffy. Drain and season more if desired.
8. Lightly dress some greens in olive oil, sherry vinegar, and salt. Place in bowls.
9. Top the greens with some sliced chicken, rice, avocado, tomatoes, pistachios, and /or pineapple chunks. Serve with the extra cooked marinade.

NUTRITION

Heather's Buddha Bowls

Recipe Found: <https://www.skinnytaste.com/buddha-bowl>

Recipe Shared By Texas Oncology's Nicole Hodac, MS, RDN, CSO, LD



INGREDIENTS

- 4 cups broccoli florets
- 2 cups cubed butternut squash
- 1 small onion, sliced into ½ moons
- 1 tbsp olive oil
- 1 small (4-ounce) Hass avocado, sliced
- Olive oil spray
- 4 large eggs
- Kosher salt
- Freshly ground black pepper
- 2 cups cooked brown rice
- ¼ cup chopped pecans

DIRECTIONS

1. Preheat oven to 400 degrees F.
2. On a large sheet pan, toss broccoli, squash, and onions with olive oil, salt and pepper to taste.
3. Spread veggies out in an even layer and roast for 20-25 minutes, or until crisp tender.
4. Meanwhile, heat a medium skillet over medium-high heat and lightly spray with oil.
5. Add eggs, one at a time, leave space between them. Season each with a pinch of salt and pepper, cover and cook until whites are just set and yolk is still runny.

TO ASSEMBLE BOWLS

1. Divide rice and roasted veggies evenly among 4 bowls.
2. Top each with 1 oz. avocado, 1 egg, and 1 tbsp pecans.
3. Serve immediately.