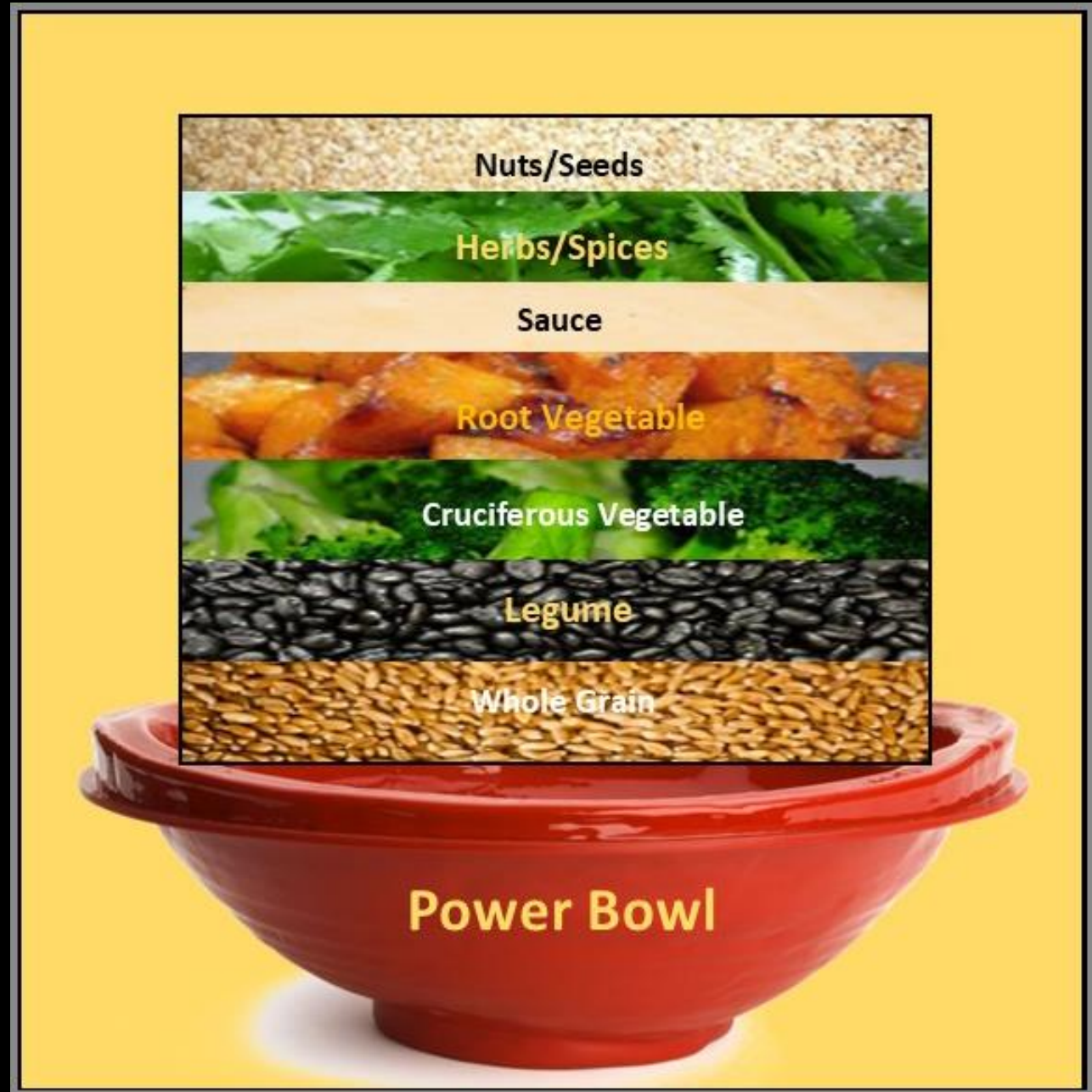

DISCOVER YOUR POWER BOWL

CORNELL UNIVERSITY ONLINE COURSE

Network Climate Action: scaling up your impact

PROJECT – GERRI WILEY

MARCH 21, 2021



ENJOY THESE 18 NUTRIENT-DENSE, FIBER-RICH MEALS,
CREATED BY **SAVVY**

S STRONG

A ACTIVE

V VALUABLE

V VIBRANT

Y YOUTHFUL

PARTICIPANTS, ACCEPTING THE CHALLENGE
TO DISCOVER THEIR **POWER BOWLS!**

Created by Jackie Burke – Homer, NY

POWER BOWL #1



Nuts/Seeds	Sunflower Seeds
Herbs/Spices	1 tsp Curry Powder, 1 tsp Coriander
Sauce	<u>Avocado Sauce</u> - Blend 1 avocado, juice of 1 lime, 1/4 cup unsweetened coconut milk, 1 tsp fresh mint, 1/2 tsp sea salt
Root Vegetable	Baked Sweet Potatoes
Cruciferous Vegetable	Brussels Sprout halves, oven-roasted at 350 F with avocado oil & sea salt
Legume	2 cans organic Chickpeas
Whole Grain	2.5 cups Wild Rice & 4 cups water pressured-cooked 20 minutes



Created by Sheryl Head – Owego, NY

POWER BOWL #2

Nuts/Seeds	Sunflower Seeds
Herbs/Spices	Kale flakes, savory, thyme, black pepper, sea salt
Sauce	<u>White Sauce</u> – Blend ½ cup raw sunflower seeds, ¼ cup potato starch, 2 tsp sea salt, 1 tsp granulated garlic, 1 tsp granulated onion, 2.5 cups water. Rinse blender with 2 cups vegetable steam water & add to saucepan with above mixture. Boil until thickened.
Root Vegetable	Carrots, pressure-cooked
Cruciferous Vegetable	Brussels Sprouts, steamed in pressure-cooker
Legume	Lentils, pressure-cooked
Whole Grain	Farro, pressured-cooked with garlic cloves and a bay leaf

Created by Jon Ernsberger – Brooklyn, NY

POWER BOWL #3



Nuts/Seeds	Toasted Sesame Seeds
Herbs/Spices	Cilantro (in sauce)
Sauce	<u>Magic Green Sauce</u> – Pulse in food processor: 1 avocado, 1 cup packed cilantro leaves, 1 jalapeño/seeds removed, 2 cloves garlic, juice of 1-2 limes, ½ cup water, ½ cup olive oil, 1 tsp salt
Root Vegetable	Beets
Cruciferous Vegetable	Beet Greens
Legume	Red Lentils
Whole Grain	Bulghur

Created by Terry Wiggins – Milwaukee, WI

POWER BOWL #4



Nuts/Seeds	Pumpkin and Sunflower
Herbs/Spices	½ tbsp Cumin in bulghur; Cilantro in sauce
Sauce	<u>Herb Tahini Sauce</u> – Blend ¼ cup water, ¼ cup tahini, 1 large handful cilantro, juice of 1 lemon, 1 tsp garlic
Root Vegetable	Yellow beets, pressure-cooked with red beets; Garlic in sauce
Cruciferous Vegetable	Broccoli
Legume	Canned Garbanzo Beans
Whole Grain	Bulghur, browned in olive oil & cooked in broth

Created by Wes Ernsberger – Owego, NY

POWER BOWL #5



Nuts/Seeds	Roasted Seeds: Sesame, Chia, Flax, Hemp Hearts
Herbs/Spices	Fresh Cilantro
Sauce	<u>Peanut Ginger Sauce</u> – Blend 2/3 vegetable broth, 3 tbsp peanut butter, 2 tbsp minced fresh ginger root
Root Vegetable	Carrots, boiled 5 minutes
Cruciferous Vegetable	Bok choy, steamed with cooked carrots
Legume	Brown Lentils
Whole Grain	Brown Rice

Created by Putri Handayani – Indonesia

POWER BOWL #6



Nuts/Seeds	Roasted Cashews
Herbs/Spices	Fresh Cilantro, Fresh Mint, Pepper, Salt
Sauce	<u>Orange</u> Sauce – Orange zest, juice from 1 orange, ½ cup olive oil, ½ cup apple cider vinegar, 2 tbsp sugar
Root Vegetable	Carrots
Cruciferous Vegetable	Cauliflower
Legume	Red Kidney Beans
Whole Grain	Tri-color Quinoa



Created by Amie H – Ithaca, NY

POWER BOWL #7

Nuts/Seeds	Walnuts, raw
Herbs/Spices	Cumin in the hummus
Sauce	<u>Jane Esselstyn's 3-2-1- Dressing</u> – Add to jar, cover, shake: 3 tbsp balsamic vinegar, 2 tbsp mustard, 1 tbsp maple syrup. Use sparingly.
Root Vegetable	Sweet Potato incorporated in hummus, orange in one, purple in another; Beets in a third hummus
Cruciferous Vegetable	Huge amount of baby greens, including kale
Legume	Chickpeas made into hummus
Whole Grain	Quinoa

Created by Gerri Wiley – Owego, NY

POWER BOWL #8



Nuts/Seeds	Dry-roasted in cast iron pan: Sesame, Chia, Ground Flax, Hemp Hearts
Herbs/Spices	Chili pepper flakes in the Tahini Sauce
Sauce	<u>Lemon Tahini Sauce</u> – Whisk together: 1/3 cup tahini, juice of 1 lemon, 1/4 cup nutritional yeast, 1/4 water
Root Vegetable	Turmeric Root, Ginger Root, sauteed & added to Sauce
Cruciferous Vegetable	Swiss Chard, pressure-steamed 1 min
Legume	Black Beans, Black-eyed Peas, Small Red Beans, pressure-cooked with bay leaves & garlic 25 minutes, natural release
Whole Grain	Farro, pressure-steamed 10 minutes

Created by Juris Ahn – Binghamton, NY

POWER BOWL #9



Nuts/Seeds	Sprouted pre-roasted Barukas, Pumpkin, Sunflower Seeds.
Herbs/Spices	Mint, Cilantro, Parsley, Tarragon, Mandarin Orange Juice, Rice Wine Vinegar, Salt, Pepper (second sauce)
Sauce	<u>Mushroom-Miso Sauce</u> – Bake 350-400 F 40 min: shitake mushrooms, tahini, salt, EVOO, garlic cloves. Blend with small amt hikari white miso, water
Root Vegetable	Daikon Radish, Rainbow Carrots, soaked in mix of Koji, Mirin, water
Cruciferous Vegetable	Bok choy, cut in bite-size pieces and boiled in salted water with tamari 2 min
Legume	Canned Garbanzo Beans
Whole Grain	Jook (Congee) made with Long-grain Brown Rice in a Thai broth containing galangal, jalapenos, lemongrass black pepper, vinegar spelt-berries

Created by Marie McRae – Dryden, NY

POWER BOWL #10



Nuts/Seeds	Flax Seed meal added to soup
Herbs/Spices	Add to chopped onion in sauté pan: 2 tbsp ground cumin, 1.5 tbsp chili powder, 1 tbsp ground coriander, 1 tbsp cocoa powder, 1 tbsp flour
Sauce	<u>Soup/not Sauce</u> – To beans, add 2 c chopped tomatoes, 2 c tomato juice, salt, onion mixture (above), juice of 1 orange, 2 bay leaves, 1.5 tsp oregano, salt, 1 tbsp cider vinegar
Root Vegetable	Carrots, Yams, roasted 400 F for 25 minutes, added to soup
Cruciferous Vegetable	Cauliflower florets roasted with root vegetables, added to soup
Legume	Black Beans, cooked, in soup
Whole Grain	Cracked Whole Wheat, Oats, Barley, Corn in bread

Created by Patti Walczak – Bath, NY

POWER BOWL #11



Nuts/Seeds	Toasted Pecans
Herbs/Spices	Za'atar & "Everything But the Bagel" blend (Poppy Seeds, White & Black Sesame Seeds, Dried Minced Garlic, Dried Onion Flakes, Coarse Sea Salt)
Sauce	<u>Lemon Tahini Sauce</u> – Mix tahini with lemon juice, minced garlic, water, pepper
Root Vegetable	Beets
Cruciferous Vegetable	Curly kale, coarsely chopped in food processor
Legume	Black Beans, canned
Whole Grain	"Royal Blend" Texmati Brown & Wild Rice, Soft Wheat, Rye

Created by Theresa R. Joseph – Danby, NY

POWER BOWL #12



Nuts/Seeds	Pumpkin Seeds, sliced Avocado
Herbs/Spices	Thyme, Basil
Sauce	<u>Almond Ginger Sauce</u> (for 2-4 bowls) Whisk ¼ cup almond butter, ¼ cup water, 2 tbsp fresh lemon juice, 1 tbsp brown rice syrup or maple syrup, ½ tsp grated fresh ginger, pinch salt (opt)
Root Vegetable	Red & Striped Beets, steamed, sliced (Also non-root vogs: Roasted Butternut Squash & Raw Spinach)
Cruciferous Vegetable	Brussels Sprouts, lightly steamed, quartered
Legume	Cannellini Beans with Basil
Whole Grain	Quinoa

Created by Kelly Finan, Hop Bottom, PA

POWER BOWL #13



Nuts/Seeds	Flax Seeds
Herbs/Spices	In sauce
Sauce	<u>Cilantro Vinaigrette</u> – 2 cups packed fresh cilantro, ½ cup olive oil, 2 tbsp white vinegar, 1 clove garlic, 1 tsp kosher salt, ½ tsp red pepper flakes, ¼ to ½ cup water, if needed
Root Vegetable	Oven roasted Beets and Carrots
Cruciferous Vegetable	Raw Cabbage
Legume	Sprouted Mung Beans
Whole Grain	Sprouted Quinoa



Created by Barbara Miguelez, Richboro, PA

POWER BOWL #14

Nuts/Seeds	Golden Flaxseed
Herbs/Spices	Parsley and Basil in sauce
Sauce	<u>Roasted Red Pepper Sauce</u> – Blend 1 jar roasted red peppers, drained, ¼ roughly chopped onion, 2 tbsp lemon juice, 2 tbsp miso, 1 tbsp parsley, 1 tbsp basil, ¼ tsp each salt, pepper
Root Vegetable	Sweet Potato
Cruciferous Vegetable	Broccoli
Legume	Black Beans
Whole Grain	Rice

Created by Amie H, Ithaca, NY

POWER BOWL #15



Nuts/Seeds	Toasted Pumpkin Seeds (opt)
Herbs/Spices	Cumin in the black beans
Sauce	<u>Jane Esselstyn's 3-2-1 Dressing</u> – Add to jar, cover, shake: 3 tbsp balsamic vinegar, 2 tbsp mustard, 1 tbsp maple syrup (Use sparingly)
Root Vegetable	½ Sweet Potato (not in photo)
Cruciferous Vegetable	Huge amount of baby greens, including kale
Legume	Black Beans cooked with dry-sauteed onions, garlic, cumin
Whole Grain	Quinoa

Created by Earl Arnold – Owego, NY

POWER BOWL #16



Nuts/Seeds	Toasted Sesame Seeds
Herbs/Spices	Salt and Pepper
Sauce	<u>Tame Version of Ponzu Sauce</u> – Whisk: 3 tbsp soy sauce, 1 tbsp white wine or rice vinegar, ¼ tsp sesame oil, 1 clove garlic, slivered or minced, ½ tsp grated fresh ginger
Root Vegetable	Home-Grown Beets - boiled, peeled, sliced
Cruciferous Vegetable	Broccoli Florets, lightly steamed
Legume	Chana Dhal (Split Chickpeas) cooked in water with Curry Leaves
Whole Grain	Hominy (releases niacin in the corn)



Created by Diane Stefani, Conklin, NY

POWER BOWL #17

Nuts/Seeds	Sunflower Seeds
Herbs/Spices	Garlic, Ginger
Sauce	<u>Coconut Sauce</u> – Coconut milk, chili powder, ginger, lime juice, fish sauce, brown sugar
Root Vegetable	Yellow Beets
Cruciferous Vegetable	Bok choy
Legume	Red Kidney Beans
Whole Grain	Quinoa



Created by Lynn Saxton, Warsaw, NY

POWER BOWL #18

Nuts/Seeds	Slivered Almonds
Herbs/Spices	Curry, Ancho Chilies
Sauce	<u>Peanut Sauce</u> – Blend 1/3 cup creamy peanut butter, ¼ cup orange juice, ½ tsp curry, ¼ tsp ground ancho chilies, ½ cup water
Root Vegetable	Sweet Potato
Cruciferous Vegetable	Broccoli; also added Spinach (not cruciferous, but a dark leafy vegetable)
Legume	Canned Black Beans
Whole Grain	Brown Rice



What These 18 SAVVY Power Bowl Participants Know:

- Pressure cooking times for whole grains, beans, and cruciferous vegetables.
- How to create visually appealing, nutrient-dense, fiber-rich, plant-based meals.
- How to batch-cook ingredients and quickly assemble 'healthy fast food'.
- How to switch gears and use these same 7 'layers' to make a stir-fry, wrap, soup, or use cold, atop salad greens.

THANK YOU

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