



In partnership with the National Mango Board



## **Have A Plant® Cook Along: Bowl Goals For Back-To-School**

Wednesday, September 8th @ 4:00 pm EST

With Dayle Hayes, MS, RD and Jeanne Reilly, NDTR, SNS

### **SHOPPING LIST**

- Frozen mango
- 1 frozen banana
- Fresh fruit for toppings
- Shredded coconut
- Fresh, frozen or canned corn
- Red bell pepper
- 1 can black beans
- Tomatoes
- Cilantro or parsley
- Yogurt (Greek or regular, plain or vanilla)
- Milk, almond milk or fruit juice
- Granola
- Chopped nuts
- Chipotle ranch dressing
- 1 cup rice blend (we used Lundberg Wild Blend Rice)
- Cooked chicken
- Ground cumin
- Salt
- Olive oil
- Vanilla extract

### **Special equipment needed**

- Measuring cups/spoons
- Blender (Vitamix or Ninja)
- Rubber spatula or scraper



### Frutti Smoothie Bowl (2 servings)

- 2½ cup frozen mango (or other combination of frozen and/or fresh fruit)
- 1 frozen banana (for a smooth creaminess)
- ½ cup yogurt (Greek or regular, plain or vanilla)
- ½ tsp. vanilla extract
- 3-4 tbsp. milk, almond milk or fruit juice

#### Topping selections:

- Sliced fresh fruit
- Small berries such as raspberries, blueberries
- Shredded coconut
- Granola
- Chopped nuts
- Seeds such as chia seeds, flax seeds

#### Equipment needs:

- Measuring cups/spoons
- Blender (Vitamix or Ninja)
- Rubber spatula or scraper

Add frozen fruit, banana, yogurt and vanilla extract to the blender container. Blend at low speed, to begin to break down the fruit.

Scrape down sides of blender container with rubber spatula. Blend again at high speed, adding small amounts of liquid, as necessary until fruit mixture is a smooth, creamy consistency, like sherbet.

Spoon or scoop smoothie into two bowls. Top with desired toppings and enjoy!



### Very Veggie Chipotle Chicken Bowl - 4 servings

- 2 cup water
- 1 cup rice blend (we used Lundberg Wild Blend Rice)
- 1/4 tsp. salt
- 2 tbsp. olive oil, divided
- 12 oz. cooked chicken, diced
- 1 cup corn kernels (thaw if frozen)
- 1 cup red bell pepper, diced
- 1 cup black beans, canned, drained, rinsed
- 1/2 cup tomatoes (fresh or diced)
- 1/4 cup chopped cilantro or parsley, divided
- 1 tsp. ground cumin
- 1/2 cup chipotle ranch dressing

Bring water to a boil in a saucepan. Add blend rice and salt, reduce heat, cover pan and simmer for 45 minutes until rice is tender. Fluff rice, add 2 tbsp. chopped cilantro or parsley. Set aside.

Heat 1 tablespoons of olive oil in a sauté pan. Sauté corn and black beans together, heating to 165 degrees. Cover to keep warm and set aside.

Heat 1 tablespoon of olive oil in sauté pan. Lightly toss diced chicken and ground cumin, heating to 165 degrees. Keep chicken warm and assemble bowls.

Assemble bowls by dividing rice into 4 bowls. Top each bowl with 3 oz chicken, 1/2 cup corn-black bean mixture, 1/4 cup diced red pepper, and 2 tbsp diced tomato. Drizzle with chipotle ranch dressing. Garnish with remaining cilantro or parsley. Enjoy.

#### OPTIONS:

- For a vegan bowl, substitute tofu for chicken.
- Use leftover rice, cooked grains (farro, barley or wheat berries for example) or quinoa instead of rice blend.
- Add other vegetables (summer squash, edamame, etc. as available or desired)