



Nourishing Bowl Recipes

Created by Roots to Wellness



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These healthy bowls are made with just the right balance of ingredients and flavors to nourish your body, satisfy your hunger, please your taste buds, and gently stimulate your digestive system for optimal assimilation of nutrients for optimal health.

These bowls can be used for lunches and dinners, and extras can be made for quick and easy leftover meals!

With these recipes that you can add your favorite ingredients to as well, have fun experiment with vegetables, herbs, spices and sauces to fit your tastes. Enjoy!!

Tahini Chopped Salad

10 ingredients · 10 minutes · 2 servings



Directions

1. Add the tahini to a small bowl and stir in the water. Add the chives and season with salt and pepper to taste.
2. Divide the lettuce between bowls and top with cucumber, carrot, red pepper, broccoli, and chicken. Pour the dressing over top and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Serve with lemon wedges or add fresh lemon juice or maple syrup to the dressing.

Additional Toppings

Add other chopped veggies or fresh herbs.

No Cooked Chicken

Use cooked shrimp, salmon, or tofu instead.

No Chives

Use fresh parsley instead.

Ingredients

2 tbsps Tahini

3 tbsps Water

2 tbsps Chives

Sea Salt & Black Pepper

1 head Romaine Hearts (chopped)

1/2 Cucumber (medium, chopped)

1 Carrot (medium, peeled and chopped)

1 Red Bell Pepper (medium, chopped)

1 cup Broccoli (chopped)

8 ozs Chicken Breast, Cooked (chopped)

Radicchio & Kale Chopped Salad

9 ingredients · 20 minutes · 2 servings



Directions

1. Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat and keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Drain the hot water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and chop the egg and set aside.
2. Meanwhile, place the kale in a large mixing bowl and add half of the lemon juice and half of the oil. Massage the kale for one to two minutes until wilted and tender. Mix in the radicchio.
3. In a small bowl combine the remaining lemon juice and oil with the Dijon mustard. Season with salt and pepper to taste.
4. Divide the kale mixture between plates or bowls and top with the tomatoes, walnuts, and chopped egg. Drizzle the dressing over top and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Nut-Free

Omit the walnuts or use pumpkin seeds or sunflower seeds instead.

Additional Toppings

Add grated carrots, green or red onion, bell pepper or cucumber.

Make it Vegan

Omit the egg and top with chickpeas, lentils, or marinated tofu instead.

Ingredients

- 4 Egg
- 4 cups Kale Leaves (finely chopped)
- 1/4 cup Lemon Juice (divided)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 cups Radicchio (chopped)
- 1 tsp Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Cherry Tomatoes (halved)
- 1/4 cup Walnuts (chopped)

Fajita Steak Salad

10 ingredients · 30 minutes · 3 servings



Directions

1. Heat a cast-iron skillet over medium-high heat. Add 1/4 of the oil. Dry the steak well and season with salt and pepper. Place the steak in the pan and cook for about 10 to 15 minutes, flipping once. The timing will depend on how thick your steak is and your desired doneness. Remove, let rest for 10 minutes, and then slice against the grain and set aside.
2. Meanwhile, in a blender or food processor, add the remaining oil, lime juice, cilantro, and salt and pepper to taste. Process until smooth and set aside.
3. In the same cast iron pan used to cook the steak, turn the heat to medium and add the bell pepper, onion, and tomatoes. Cook until charred in spots and softened, about three to five minutes and then remove and set aside.
4. Divide the romaine onto plates and top with steak, onion mixture, and avocado. Add the cilantro dressing and enjoy!

Notes

Leftovers

Salad is best stored separately from the dressing. Refrigerate in an airtight container for up to three days.

No Cilantro

Use parsley instead.

Additional Toppings

Add mushrooms to the charred veggies.

Ingredients

- 1/4 cup Extra Virgin Olive Oil (divided)
- 8 ozs Flank Steak
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Lime Juice
- 1/2 cup Cilantro
- 1 Yellow Bell Pepper (sliced)
- 1/4 cup Red Onion (sliced)
- 1/2 cup Cherry Tomatoes (halved)
- 8 leaves Romaine (chopped)
- 1 Avocado (sliced)

Winter Buddha Bowl

14 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 420°F (216°C).
2. Place cauliflower florets, carrots, beet, turnip and parsnip in a large mixing bowl (toss beets separately if you want to keep the lighter veggies clean). Season with sea salt and pepper and drizzle with a splash of extra virgin olive oil. Toss well. Line a large baking sheet with parchment paper and spread vegetables evenly across. Bake in oven for 30 minutes.
3. Meanwhile, place quinoa in a saucepan with the water. Place over high heat and bring to a boil. Cover with lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
4. Create your dressing by combining tahini, extra virgin olive oil, lemon juice, minced garlic and sea salt together in a mason jar. Add 3 tbsp warm water. Shake well and set aside. (Note: Feel free to add extra water, 1 tbsp at a time, to reach desired dressing consistency.)
5. Place the kale in a bowl and massage with a bit of extra virgin olive oil. Season with sea salt. Place in frying pan over medium heat and saute just until wilted. Transfer into a bowl.
6. Pour your chickpeas into the same frying pan (which should still be lightly greased from the kale) and saute until slightly browned.
7. Assemble your Buddha bowl by placing quinoa in the bottom of a bowl and arranging roasted winter vegetables, sautéed kale and warm chickpeas on the top. Drizzle desired amount of dressing over the bowl. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. For best results, refrigerate the ingredients separately.

Ingredients

- 1 head Cauliflower (cut into florets)
- 1 Carrot (chopped into 1 inch rounds)
- 1 Beet (chopped into 1 inch pieces)
- 1 Turnip (chopped into 1 inch pieces)
- 1 Parsnip (chopped into 1 inch pieces)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1/4 cup Tahini
- 3 tbsps Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 4 cups Kale Leaves

Creamy Sweet Potato & Chickpeas with Rice

9 ingredients · 30 minutes · 4 servings



Directions

1. Heat a skillet over medium heat. Once hot, pour in half the oil and then add the sweet potato. Add half of the taco seasoning and toss to combine. Cook for about six to eight minutes, until lightly browned.
2. Cook the rice according to the directions on the package.
3. Add the remaining oil to the skillet with the sweet potato and then add in the chickpeas. Pour in the remaining taco seasoning and toss to combine. Cook for eight to ten minutes, until the chickpeas are crispy and the sweet potato is cooked through. Add the bell pepper and continue cooking, while stirring for two more minutes, until softened.
4. Add the spinach to the skillet and cook until wilted, about one minute. Stir to combine and season with salt and pepper to taste.
5. Divide the rice onto plates and top with the sweet potato mixture. Add a dollop of coconut yogurt and enjoy!

Notes

Leftovers

Store leftover mixture in an airtight container in the fridge for up to three days.

Serving Size

One serving is about 1 1/2 cups of rice and chickpea mixture.

No Coconut Yogurt

Omit, or use sour cream or regular yogurt.

Ingredients

- 3 **tbps** Extra Virgin Olive Oil (divided)
- 2 Sweet Potato (small, chopped)
- 2 **tsps** Taco Seasoning (divided)
- 1 **cup** Jasmine Rice
- 1 **3/4 cups** Chickpeas (cooked, rinsed and pat dry)
- 2 Red Bell Pepper (medium, chopped)
- 6 **cups** Baby Spinach
- Sea Salt & Black Pepper (to taste)
- 1 **cup** Unsweetened Coconut Yogurt (divided)

Deconstructed Black Bean Burrito

10 ingredients · 35 minutes · 2 servings



Directions

1. Cook the rice according to package directions.
2. Meanwhile, heat the oil in a pot over medium heat. Add the onion and cook for three to five minutes or until the onion has softened. Add the garlic, taco seasoning, and salt and cook for another minute.
3. Add the black beans and water and stir to combine. Bring the mixture to a simmer and continue to cook for three to five minutes or until the liquid begins to thicken and beans are warmed through. Remove the pot from the heat and stir in half of the lime juice. Mash the black beans with a potato masher or a fork until just a few whole beans remain. Season with salt to taste if needed.
4. To serve, divide the rice, beans, lettuce, and tomatoes between plates or bowls and drizzle with the remaining lime juice. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Store components separately until ready to serve.

Additional Toppings

Avocado, salsa, hot sauce, cilantro, green onion, sour cream, or cheese.

No Brown Rice

Use cauliflower rice, white rice, or quinoa instead.

No Romaine Lettuce

Use baby spinach, mixed greens, or iceberg lettuce instead.

Ingredients

- 1/2 cup Brown Rice (dry)
- 1 1/2 tsps Avocado Oil
- 1/4 cup Red Onion (finely chopped)
- 1 Garlic (clove, minced)
- 2 tsps Taco Seasoning
- 1 cup Black Beans (cooked, rinsed)
- 1/4 cup Water
- 1 Lime (juice, divided)
- 2 leaves Romaine (large, chopped)
- 1/2 cup Cherry Tomatoes (halved)

Portobello Fajita Bowls with Black Bean Salsa

10 ingredients · 30 minutes · 2 servings



Directions

1. Cook the rice according to package directions.
2. Meanwhile, slice 2/3 of the red onion. Heat the oil in a cast-iron pan over medium-high heat. Add the mushrooms, bell pepper, and onion to the pan and cook, stirring only occasionally, for six to eight minutes or until the veggies are browned and tender. Add the taco seasoning and stir to combine (if the pan seems too dry, add a splash of water or extra lime juice). Season with salt and pepper to taste and set aside.
3. Finely chop the remaining onion. Make the black bean salsa by combining the black beans, garlic, onion, and lime juice. Stir well and season with salt and pepper to taste.
4. To serve, divide the rice between bowls and top with the mushroom mixture. Add the black bean salsa and any excess dressing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately one cup of vegetables, a half cup of rice, and a half cup of black bean salsa.

Additional Toppings

Avocado or guacamole, salsa, cheese, cilantro, green onion, cheese, sour cream, jalapenos, hot sauce, red pepper flakes, and/or lime wedges.

No Brown Rice

Use white rice, cauliflower rice, or quinoa instead.

No Green Bell Pepper

Use red, yellow, or orange bell pepper instead.

No Portobello Mushroom

Use sliced cremini mushrooms instead.

Ingredients

- 1/2 cup Brown Rice
- 3/4 cup Red Onion (divided)
- 1 tbsp Avocado Oil
- 3 cups Portobello Mushroom (sliced)
- 1 Green Bell Pepper (sliced)
- 1 1/2 tps Taco Seasoning
- Sea Salt & Black Pepper (to taste)
- 1 cup Black Beans (cooked, rinsed)
- 1 Garlic (small clove, minced)
- 1 Lime (juiced)

Strawberry Kiwi Salad with Chicken

9 ingredients · 5 minutes · 2 servings



Directions

1. In a small bowl combine the apple cider vinegar, oil, and maple syrup. Season with salt and pepper and stir well.
2. Divide the mixed greens between bowls and top with the chopped strawberries, kiwi, and sunflower seeds. Pour the apple cider vinegar dressing over top and mix well. Top with the chicken and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Store fruit separately from the mixed greens and chicken. Add the dressing just before serving.

Additional Toppings

Cucumbers, red onion, red pepper, or other chopped vegetables. Add avocado or cheese.

No Chicken

Top with cooked shrimp, fish, or tofu instead.

No Sunflower Seeds

Use pumpkin seeds, hemp seeds, or chopped nuts instead.

Ingredients

- 1 1/2 tbsps Apple Cider Vinegar
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 1/2 tpsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 4 cups Mixed Greens
- 1 cup Strawberries (chopped)
- 2 Kiwi (peeled and chopped)
- 2 tbsps Sunflower Seeds
- 5 ozs Chicken Breast, Cooked (sliced)

Black Bean & Veggie Rice Bowl

9 ingredients · 20 minutes · 4 servings



Directions

1. Cook the rice according to the directions on the package, and set aside to cool.
2. Divide the rice, black beans, carrots, snap peas, and tomatoes into bowls. Top with dill, lemon juice, garlic, salt, and pepper. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately 1 1/2 to two cups.

No Basmati Rice

Use jasmine rice, bulgur, buckwheat, or couscous.

Ingredients

- 1 cup Jasmine Rice (uncooked)
- 2 cups Black Beans (cooked, rinsed)
- 1/2 Carrot (medium, shredded or chopped into matchsticks)
- 2 cups Snap Peas (trimmed)
- 1 cup Cherry Tomatoes (halved)
- 1/4 cup Lemon Juice
- 1 cup Fresh Dill
- 1 Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)

Salmon & Roasted Root Veggie Salad

10 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Place the diced sweet potato on one side of the baking sheet and the diced beet on the other. Drizzle with a third of the oil and season with salt and pepper to taste. Bake for 15 minutes.
3. Remove the baking sheet from the oven and stir the sweet potatoes and the beets. Pat the salmon dry then carefully place the salmon in the center of the baking sheet. Season with salt and pepper to taste. Return the baking sheet to the oven and continue to bake for 15 to 18 minutes or until the salmon is cooked through and the vegetables are tender.
4. Meanwhile, make the dressing by combining the lemon juice, Dijon mustard, turmeric, and the remaining oil in a small bowl or jar. Season with salt and pepper to taste.
5. To assemble the salad, divide the spinach between bowls and top with the sweet potato, beet, and salmon. Sprinkle with the pumpkin seeds and drizzle with the dressing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Assemble and/or dress the salad just before serving.

Serving Size

One serving is approximately 3/4 cup roasted veggies, five ounces of salmon, and 1 1/2 tablespoons of dressing.

More Flavor

Season the salmon, sweet potatoes, and beets with other dried herbs and spices, like garlic powder, paprika, turmeric, or parsley. Add garlic or liquid sweetener of choice to the dressing.

Additional Toppings

Cooked quinoa or wild rice, avocado, lentils or chickpeas, sliced cucumber, bell pepper, or hemp seeds.

No Salmon

Use chicken or tofu instead.

Ingredients

- 1 Sweet Potato (medium, peeled and diced)
- 1 Beet (medium, peeled, and diced)
- 3 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 10 ozs Salmon Fillet
- 1 tbsp Lemon Juice
- 1 tsp Dijon Mustard
- 1/8 tsp Turmeric
- 3 cups Baby Spinach
- 2 tbsps Pumpkin Seeds

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Chicken Kale Salad with Avocado Dressing

8 ingredients · 10 minutes · 2 servings



Directions

1. Add the avocado, parsley, green onion, salt, and half the water into a food processor. Blend until smooth, scraping down the sides as needed. Add more water, one tablespoon at a time until your desired consistency is reached.
2. Divide the kale, chicken, and cucumber into bowls. Top with avocado dressing and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately two cups of kale, four ounces of chicken, one cup of cucumber, and half a cup of dressing.

More Flavor

Add lemon juice, garlic powder, onion powder, black pepper, or cilantro to the dressing. Substitute some of the water with extra virgin olive oil.

Ingredients

- 1 Avocado (medium)
- 1/2 cup Parsley (stems removed)
- 1 stalk Green Onion (trimmed, chopped)
- 1/4 tsp Sea Salt (to taste)
- 3/4 cup Water (divided)
- 4 cups Kale Leaves (tough stems removed, finely chopped)
- 8 ozs Chicken Breast, Cooked (chopped)
- 1 Cucumber (medium, chopped)

Tropical Chicken Salad

9 ingredients · 10 minutes · 2 servings



Directions

1. Pour the olive oil into a blender and add the lime juice, cilantro, garlic, and salt. Blend until smooth.
2. Divide the lettuce onto plates. Top with chicken, mango, and avocado. Drizzle the dressing over everything. Enjoy!

Notes

Leftovers

Store dressing and salad in separate containers in the fridge for up to two days.

More Flavor

Add a spicy pepper such as jalapeño to the dressing.

Additional Toppings

Top with a crunchy topper such as tortilla chips for texture. Add sliced red onion to the salad.

No Cilantro

Use another herb such as parsley or basil.

Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 1 1/2 tbsps Lime Juice
- 1/2 cup Cilantro
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 1 head Boston Lettuce (chopped)
- 6 ozs Chicken Breast, Cooked (shredded)
- 1/2 Mango (cubed)
- 1/2 Avocado (cubed)

Citrus Quinoa Veggie Bowl

8 ingredients · 25 minutes · 2 servings



Directions

1. Cook the quinoa according to package directions. When the quinoa is cooked stir in the lentils. Allow the quinoa and lentil mixture to cool slightly.
2. To assemble, divide the spinach, carrot, quinoa, and lentil mixture between bowls. Top with the orange segments and walnuts. Drizzle the oil and vinegar over top and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Drizzle with lemon juice and olive oil just before serving.

Nut-Free

Omit walnuts or use pumpkin seeds or sunflower seeds instead.

More Flavor

Add fresh herbs or chopped green onion.

No Baby Spinach

Use mixed greens, arugula, or lettuce instead.

No Carrot

Use spiralized zucchini or cucumber instead.

No Brown Lentils

Use another lentil, chickpeas, or white beans instead.

No Spiralizer

Use grated carrot or carrot ribbons instead.

Ingredients

1/2 cup Quinoa

1/2 cup Lentils (cooked, rinsed well)

1 cup Baby Spinach

1 Carrot (medium, spiralized or cut into ribbons)

1 Navel Orange (cut into segments then chopped)

1/4 cup Walnuts (chopped)

2 tbsps Extra Virgin Olive Oil

1 tbsp Apple Cider Vinegar

Ginger Chicken Bowl

9 ingredients · 20 minutes · 2 servings



Directions

1. Heat a skillet over medium heat. Add half the oil and then the cauliflower rice. Sauté for five to seven minutes, then remove and set aside.
2. In the same pan, over medium-high heat, add the remaining oil and ground chicken and cook for five minutes, breaking apart into smaller pieces.
3. Add in coconut aminos, ginger, and garlic. Cook for another five minutes, until cooked through and golden.
4. Divide the cauliflower rice onto plates. Top with the ground chicken, cucumber, carrots, and cilantro. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Use fresh ginger and garlic in place of ground ginger and garlic powder.

Additional Toppings

Swap cilantro out for mint for a fresh twist.

Ingredients

- 1 **tbps** Extra Virgin Olive Oil (divided)
- 3 **cups** Cauliflower Rice
- 1 **lb** Extra Lean Ground Chicken
- 2 **tbps** Coconut Aminos
- 1 **tsp** Ground Ginger
- 1 **tsp** Garlic Powder
- 1/2 Cucumber (sliced)
- 1 Carrot (medium, peeled, and grated)
- 1/4 **cup** Cilantro (chopped)

Roasted Chicken Apple Kale Salad

9 ingredients · 35 minutes · 1 serving



Directions

1. Preheat oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. In a large bowl, toss together the onion, apple, butternut squash, thyme, and half of the oil. Spread onto the baking sheet.
3. Add the chicken breast to the baking sheet. Season everything with salt. Bake for 30 minutes, until everything is cooked through and the chicken reaches an internal temperature of 165°F (75°C).
4. In a large bowl, toss together the kale, apple cider vinegar, roasted vegetables, and remaining oil. Slice chicken and serve on top. Enjoy!

Notes

Leftovers

Keep salad in a resealable container in the fridge for up to 3 days.

Serving Size

One serving is equal to approximately three cups of salad.

More Flavor

Swap out fresh thyme with sage for an autumn-inspired salad.

Additional Toppings

Top with hemp seeds for an extra nutrition boost.

Ingredients

- 1 Yellow Onion (small, diced)
- 1 Apple (small, diced)
- 1 cup Butternut Squash (frozen, cubed)
- 1 tbsp Thyme (fresh, chopped)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 6 ozs Chicken Breast
- 2 cups Kale Leaves (thinly sliced)
- 1 tbsp Apple Cider Vinegar
- 1/8 tsp Sea Salt (or more to taste)