

EDITION ONE

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# BOWLED OVER

A CURATED RECIPE & TECHNIQUE MANUAL  
TO VEGETABLE BOWLS



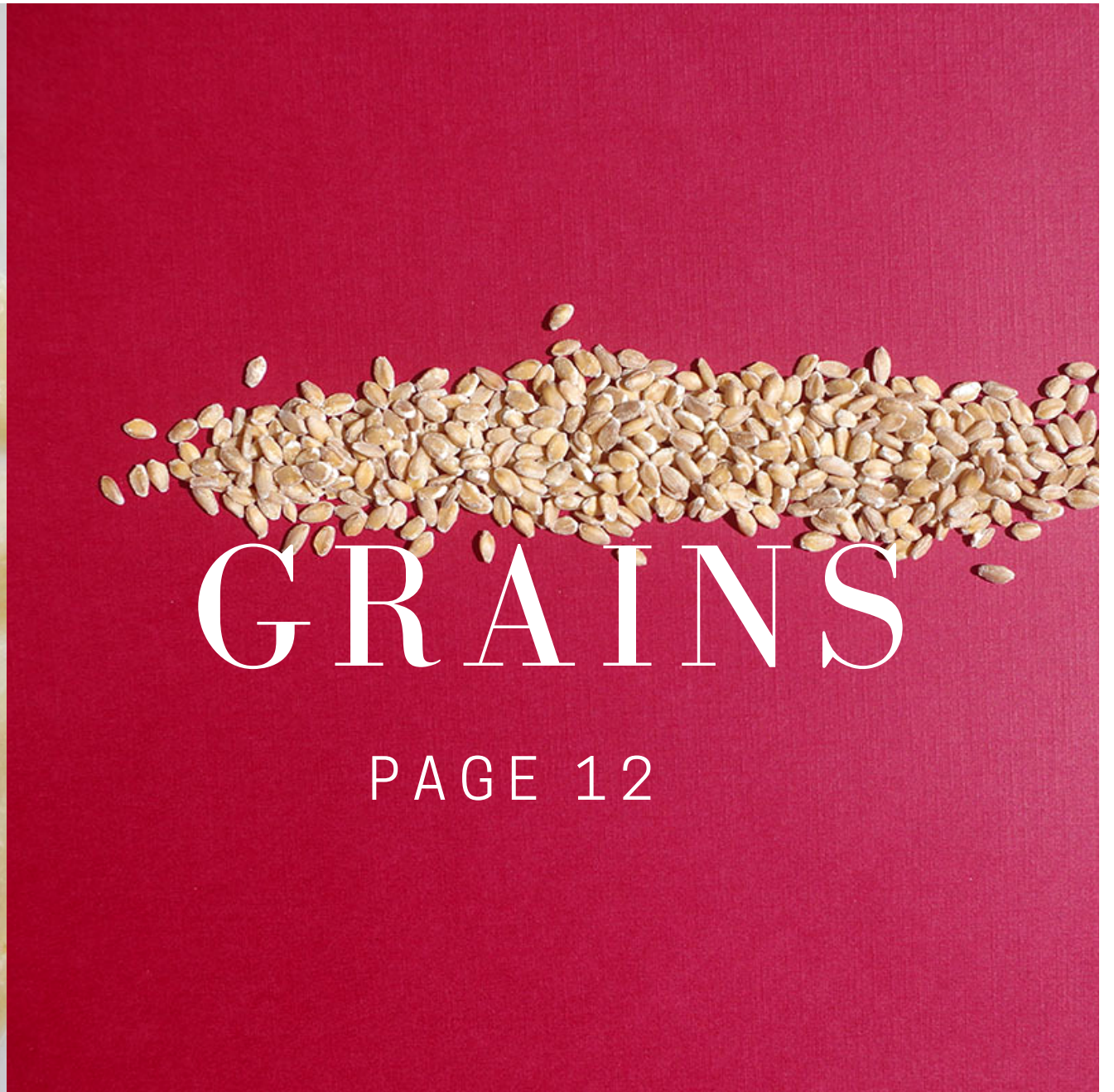


# THE ELEMENTS



## DRESSINGS

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1 GRAIN + 2 VEGETABLES + 1-2 EXTRAS +  
DRESSING = BUDDHA/VEGGIE/GRAIN BOWL MEAL

1/2 C GRAIN  
1 C VEGGIES

1/4 C PROTEIN  
2-3 TBSP DRESSING



# HOW TO USE THIS MANUAL

Hello my fellow food lover & welcome to my creation.

I have tested each dressing recipe & each grain to ensure only a pleasurable eating experience.

This manual strives to achieve four main objectives:

- increase your consumption of vegetables
- expand your exposure to new grains
- teach you to cook more at home
- straddle the delicate line between recipes & freestyling, so you feel confident to try something new while making it all yours

In addition to recommending combinations, I'll include options like all the various ways to cut & cook a carrot, so your exploration of vegetables never gets dull.

I'm not including direct recipes because I want you to choose which vegetables to use. We all have our "things." Most of your veggie quirks should still work with the grain-dressing pairings. Same for protein options.

When possible, I'll note vegan alternatives for those that swing that way. And I'll call out combinations that I think are absolutely atrocious.

In short, this manual is a basic guide to getting you to drown vegetables in a yummy sauce so you get nutrients in your system... and you'll eventually crave those nutrients & eating healthy food will become easier because you WANT to.

On my YouTube channel, I have created a playlist for recipes & techniques specific to making your own bowls. [Click here.](#)

*Not dietary advice. Not for weight loss.  
In fact, dressings may be high in calories.*

# DRESSINGS

They really make the bowl-meal, so I consider the dressing the most important piece to a successful bowl. In all my research, I found a lot of yogurt & tahini-based options. I've tried to diversify the selections here and have included substitutions when appropriate.

- The flavor profiles we have here are:
- spicy, umami (sriracha & soy sauce)
  - umami, nutty, creamy (miso & tahini)
  - creamy, nutty (yogurt & tahini)
  - nutty, acidic (tahini & lemon)
  - spicy, creamy (yogurt & cayenne)
  - creamy, herby (like shawarma white sauce)
  - nutty, spicy (sunflower seed or almond butter, ginger)

If you're vegan, substitute your thickest yogurt for any of the yogurt recipes. Non-vegans, also use the thickest yogurt available (Siggi's, Wallaby, Fage, Noosa, or Greek/Greek-style).

Yogurt & tahini-based dressings will last at least a week in the fridge.

Sunflower seed butter can replace peanut or almond butter. You can buy it pre-made or use a food processor (or high speed blender) to make your own. Dressings based on nut/seed butter will last at least a week in the fridge.

I include half recipes, too, to allow for making multiple dressings at once, without large portions going to waste, & the freedom to alternate throughout the week.



You'll know something has gone bad when you find mold growing, a sour, rancid smell, or an "off taste." What does "off" taste like? I can't describe it, but you'll know it when you experience it. Like milk gone bad. Generally, dressings with oil will last longer because the oil helps to preserve fragile ingredients.

For instance, use sunflower seed butter rather than sunflower seeds & water (sunflower seed "cream"). Without the extra oil in the seed butter, the seeds will quickly go rancid (bitter taste).

When adding lemon or lime juice, add it sparingly at first. Taste the dressing as you mix it in. Depending on your citrus, you may need more or less juice than the recipe calls for. Also, your taste may differ from the recipe. Let the dressing sit overnight before adding more. It's easier to add more than to try to take an overly citrus dressing.

Same with the garlic. Because the garlic is raw, it is spicy & pungent. When possible, make a paste using a mortar & pestle. Chop the garlic & add to a mortar. Sprinkle a generous pinch of salt, & pound into a paste with the pestle. Or use the back of a spoon. Making a paste allows the flavor to mix throughout the dressing, rather than a pungent chunk here and there.

Keep in mind that all dressings will thicken in the fridge, but it's always easy to whisk in some water as needed.

Whisk when possible. High speed blades can cause some flavors to overwhelm the delicate ingredients.

I use Joyva tahini (ground sesame seeds), but if you're unsure of tahini, substitute plain hummus.





# SPICY SRIRACHA NUT DRESSING

Full Recipe

1/2 C sunflower seed or  
peanut butter

1 tsp sesame oil

1/4 C rice vinegar

3 tbsp soy sauce

1-2 tbsp sriracha

water, as needed

Half Recipe

1/4 C sunflower seed  
or peanut butter

1/2 tsp sesame oil

2 tbsp rice vinegar

1.5 tbsp soy sauce

1/2-1 tbsp sriracha

water, as needed

Using a whisk, stir together all ingredients.

Add the sriracha sparingly at first. You can always add more spice, but you can't tame overly-spicy. Also, after sitting for 8ish hours, the flavors will settle in & you may need to adjust.

If you're seed/nut butter is too thick for the whisk, you can use a blender or food processor.

The original recipe, from TheKitchn.com, uses peanut butter. I opted for a milder sunflower seed butter. You could also substitute your favorite hot sauce for the sriracha.

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# MISO TAHINI DRESSING

Full Recipe	Half Recipe
1/4 C tahini	2 tbsp tahini
1-1.5 tbsp sweet white miso paste	1/2 tbsp sweet white miso, or more to taste
1 tbsp lemon juice	1/2 tbsp lemon juice
1 clove garlic, chopped or microplaned	half clove garlic, chopped or microplaned
water, as needed	water, as needed

Mix together, well. Add water to achieve desired consistency.

Note: this makes a savory vegetable dip. You can make it thicker to dip cherry tomatoes, cucumbers, zucchini, or carrots - like an umami hummus.

I prefer Joyva tahini & Miso Master Mellow White Miso.





# YOGURT TAHINI DRESSING

Full Recipe

1/4 C tahini

1/2 C water

1 tbsp lemon juice

1/2 C thick yogurt

1/2 tsp salt

optional: lemon zest

Half Recipe

2 tbsp tahini

1/4 C water

.5 tbsp lemon juice

1/4 C thick yogurt

1/4 tsp salt

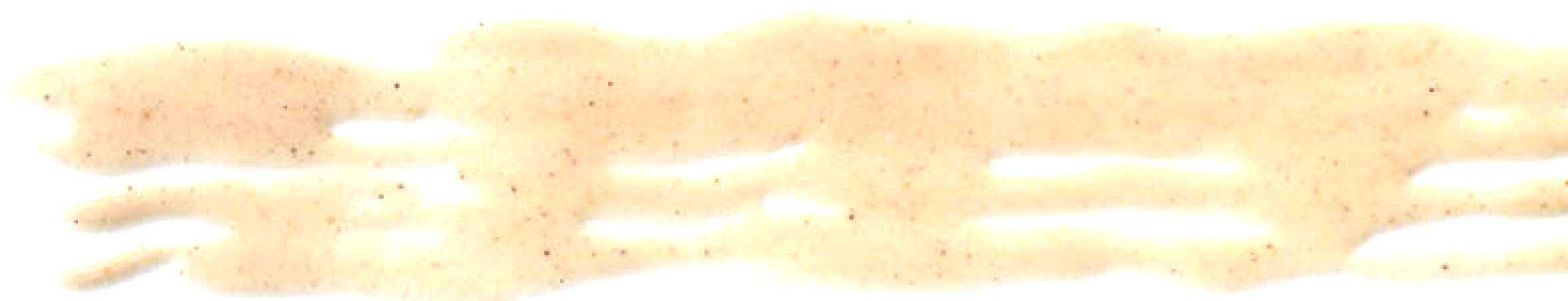
optional: lemon zest

Mix together, well. Let sit overnight before adding lemon zest, unless you're certain you like very lemony dressings.

If you have a non-dairy yogurt you know you like, feel free to substitute it here. If not, go for high quality Greek or Greek-style yogurt.

If you find you prefer the nuttiness, increase the tahini or decrease the yogurt.





# LEMON TAHINI DRESSING

Full Recipe

1/3 C tahini

1/3 C lemon juice

1 tsp salt

1 large clove garlic,  
chopped or microplaned

Half Recipe

5 tbsp & 1 tsp tahini

5 tbsp & 1 tsp lemon juice

1/2 tsp salt

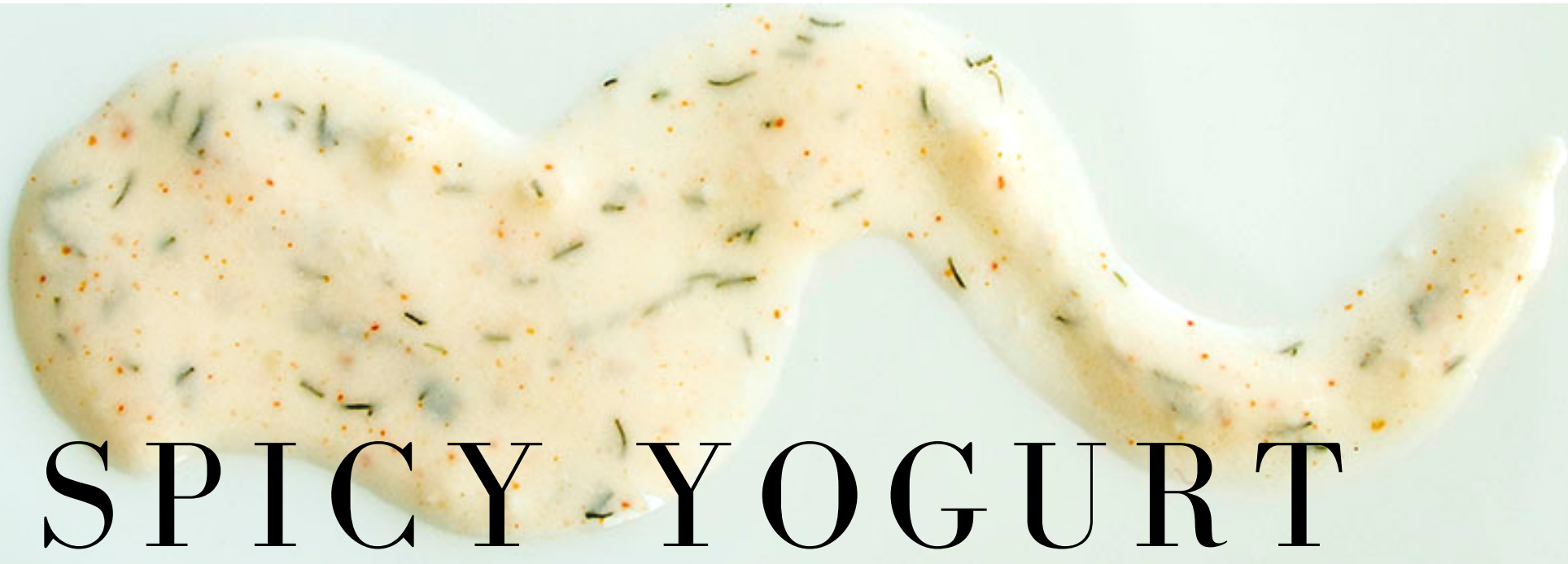
half large clove garlic,  
chopped or microplaned

Chop garlic, then mash into a paste with the salt using a mortar & pestle or the back of a spoon.

Mix with tahini & lemon juice with a whisk or blender.

Thin with water as needed.





# SPICY YOGURT DRESSING

Full Recipe  
1 C yogurt

Half Recipe  
1/2 C yogurt

1/2 C thick yogurt or  
sour cream

1/4 C thick yogurt or  
sour cream

1 large clove garlic

half clove garlic

1/2 tsp salt

1/4 tsp salt

2 tbsp chopped dill

1 tbsp chopped dill

3/4 tsp cayenne or hot  
paprika

just under 1/2 tsp  
cayenne or hot paprika

Chop garlic & grind into a paste with the salt, using a mortar & pestle or the back of a spoon. Stir into the yogurt/sour cream. Add remaining ingredients to taste.

Options: use only thick yogurt & sour cream for a rich, tangy addition. Sour cream makes this irresistible.

Can also serve as a dip.

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# SHAWARMA DRESSING

Full Recipe	Half Recipe
1/2 C Greek yogurt or sour cream	1/4 C Greek yogurt or sour cream
juice of half a lime	juice of 1/4 lime
1 tbsp tahini (optional)	1/2 tbsp tahini (opt)
3 cloves garlic	1.5 cloves garlic
2 tbsp fresh chopped dill (or 1 tsp dried)	1 tbsp fresh chopped dill (1/2 tsp dried)
5 mint leaves (optional)	2-3 mint leaves (opt)
1/2 tsp salt	1/4 tsp salt

Chop garlic & mash with salt into a paste. Stir in with other ingredients.

Try replacing the yogurt/sour cream with goat cheese. I haven't done it myself, but I have seen that option in a recipe.





# ALMOND-GINGER DRESSING

Full Recipe	Half Recipe
1/3 cup almond or sunflower seed butter	5 tbsp almond or sunflower seed butter
1/3 C olive oil	5 tbsp olive oil
3 cloves garlic (1 tbsp)	1.5 cloves garlic (1.5 tsp)
3 inches peeled ginger (1-2 tbsp)	1.5 inches peeled ginger (1-2 tsp)
juice of 3 limes (or less)	juice of 1.5 limes (or less)

Mix together all ingredients. Add lime juice a little at a time, to monitor the taste. The lime juice easily overwhelms everything else.

Garlic & ginger can be chopped & mashed into a paste, or use a microplane to process each into the mixture.

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# GRAINS

Generally, rice & quinoa make up the base for a buddha bowl. so let's explore your options.

We will cover:

- rice
- millet
- freekeh
- einkorn

Options that aren't covered here:

- cous cous
- quinoa
- farro, spelt, barley
- orzo
- wheat berries, bulgur (pre-cooked, cracked wheat berries)
- amaranth
- cauliflower rice

When constructing your bowl, take into account the amount of vegetables you'll be eating & the general nature of eating lots of fresh, cruciferous produce. I recommend using half a cup of grains as the base for your meal. Adding at least one cup of vegetables plus a dressing & maybe seeds or nuts as a finisher is a LOT of food.

With a new grain, consider making a small serving first, like starting with half a cup of grain, to test how you like it. Then you can cook a large serving and freeze extra portions for future use.





# RICE

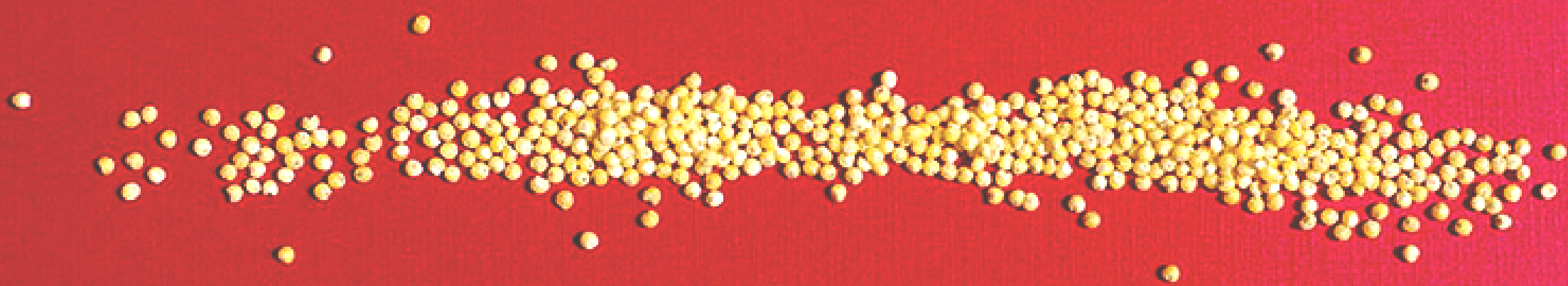
2 C rice (basmati or jasmine - they taste better than others)  
4 cups water (or less)  
salt  
optional: stock (vegetable or chicken), bay leaves

Water: general cooking directions suggest a 2-1 ratio of water-to-rice. 2 cups of water for 1 cup of rice. However, this creates a thick rice. Sometimes that's what you want. If you want a fluffier rice, decrease the amount of water. More like, 1.5 cups of water to 1 cup of rice. If using stock, replace no more than half of the water with the stock.

Bring water/stock to a boil & add a pinch of salt. If using bay leaves, add now. Add rice, stir to keep it from sticking to the bottom, & bring back to a boil. Then reduce the heat to a simmer, & cover. Let simmer until all water has evaporated.

The amount of water you use dictates how long the rice will cook. If using the 2-1 ratio, the rice will be done in 15-18 minutes. If using less, check at 10 minutes, and again every 2-3 minutes until the water is gone.

Storing: rice will keep in the fridge for a week before getting dry. Rice can also be frozen. To reheat or thaw, heat in pan with a little liquid, like a sauce, if you're planning to eat it with a sauce. Otherwise, steam the rice in a strainer, covered over boiling water until all grains are warm/hot.



# MILLET

1 C millet  
1/2 tsp salt  
3 cups water  
butter or oil to taste  
fresh black pepper

\*Gluten-free\*

The flavor is like a mild corn/polenta, almost like wheat grits. It reminds me of both. It can be little separated grains like cous cous or cooked into a polenta-like mash.

Rinse millet with water to remove dirt or residue. Remove as much moisture as possible, then toast in a large skillet until the grains are dry, separated, & begin to smell good.

Bring water to a boil, add salt, & then add toasted millet. Reduce to a simmer, cover, & cook for 30 minutes (more or less).

Toss millet in a bowl with butter or oil & pepper to taste.

Best pairs with Lemon Tahini dressing or Spicy Sriracha Nut Dressing. Mix with kale & roasted root vegetables.



# FREEKEH

Young, green wheat  
Firm, chewy texture  
Earthy, nutty, slightly smoky

1/2 C freekeh  
1.5 C water or stock  
salt

Cracked freekeh:  
In a medium saucepan, combine the freekeh, water, & salt. Bring to a boil. Reduce the heat to a simmer & cook, stirring occasionally, for approximately 15 minutes, until all the water has been absorbed. Remove the pan from the heat.  
\*Whole freekeh can take 45 minutes to fully cook.

Smoky flavor pairs well with shawarma or very lemony lemon-tahini dressings. Mix with bright vegetables - tomato, grated zucchini or carrot, cucumber, fennel, sweet potato.



# EINKORN

Ancient species of wheat  
Low gluten, high protein  
Mild flavor, chewy texture

Like rice, use a 2-1 ratio of water to grain. Bring to a boil together, then reduce to a simmer. Cook until all water is evaporated, about 30 minutes.

The flavor is so mild - it barely tastes like anything. Pair with any sauce, even nutty & spicy.

Mix with winter & fall vegetables. The texture is separated, yet chewy, grains.



# VEGETABLES

This is the freestyle portion of meals in bowls.

Use leftovers.

Sneak in your less favorite veggies & drown them in sauce.

Play with textures: shredded, chopped, noodles, matchsticks

Vary cooking styles: raw, steamed, braised, grilled, roasted

Fill your bowl with just one vegetable.

Fill your bowl with a little of everything.

Aim for 1 cup of vegetables per bowl. With the grains & possibly a protein, 1 cup will give you plenty to chew on.

A food processor &/or mandoline will come in handy for getting the most out of veggies. If you don't have those, prepare to develop your knife skills.

Or, spend a little extra on pre-prepped vegetables at the store.



# CARROTS & BEETS

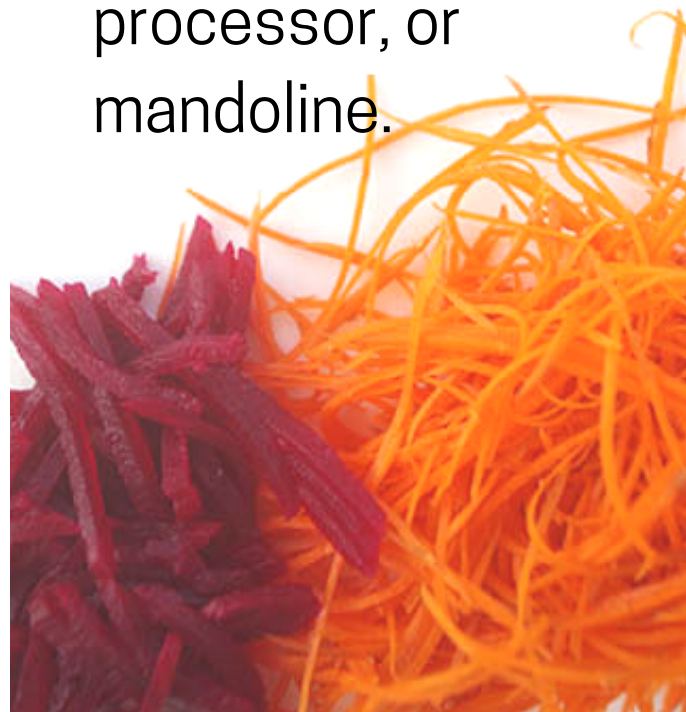
## INTRO

Not only do beets & carrots go well together, but they can be prepped the same way.

Carrots are easy to prep fresh; beets are a pain. Consider buying canned whole beets.

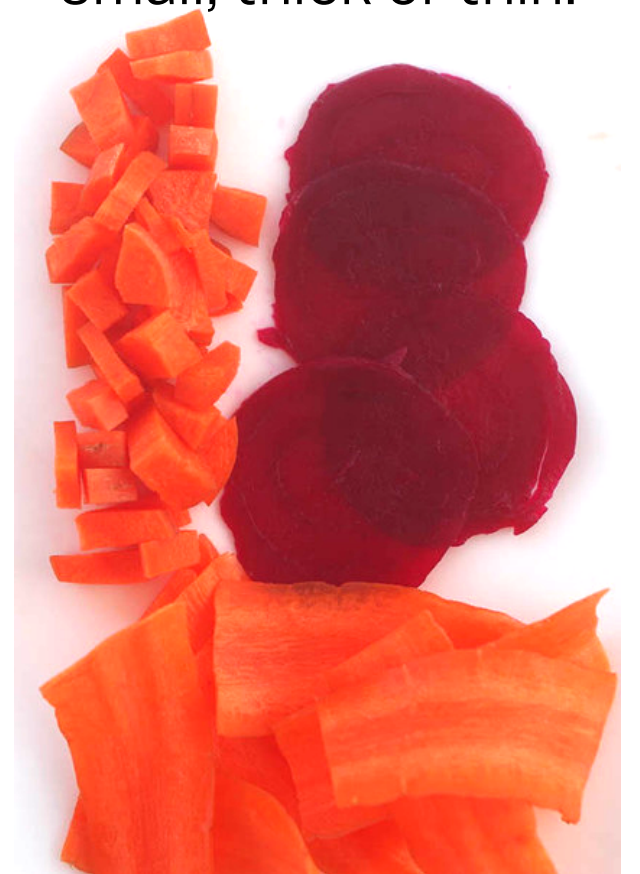
## SHRED

Short or long options; use cheese shredder, food processor, or mandoline.



## SLICE DICE CHOP

Use a knife, mandoline, or food processor; big or small, thick or thin.



**Blanche:** For thinly cut veggies, a quick boil (2 minutes) will remove the woodiness & create an earthy sweetness. Use on shredded, sliced, diced veggies. (Unless using canned beets - no need to blanche them.)

**Roast:** Using canned sliced/diced beets, toss in olive oil, salt, & pepper, roast at 350 degrees for 15-18 minutes. Can add garlic & shallots.

**Sauté:** Can use any fat (oil, ghee), add garlic or onions or shallots, mix in other vegetables (like greens). Sauté over medium-high heat until veggies reach desired doneness. If comfortable, consider using a cast iron skillet for a deeper flavor.

**Grilled:** Hopefully, you'll get blistered veggies - when the natural sugars burn on a flame, it creates a creme brulee-like crust. Also, everything tastes better on an open flame.

**Pickled:** find yourself an artisan (or even homemade!) jar. Yum.

# TURNIPS & THE LIKE

Turnips, kohlrabi, rutabaga, parsnips, celeriac, fennel - special vegetables. Honestly, I don't know how well they'd work mixed in with other ingredients because they have such a distinct flavor. If you know you LOVE them, go for it. Be strategic with your pairings.

Dill or sesame flavors pair well with most of these veggies. Also, these are easily fall/winter veggies, so consider them in your rotation.

When you eat at a restaurant, try ordering one of these to see how it's cooked & how it tastes before trying to cook it at home.

Personally, I love turnips especially with their bitter, spicy greens. I've made kohlrabi once & enjoyed it. Definitely can't handle the intense celery-flavor of celeriac (but I know lots of people love it) and fennel has its moments with me. I prefer it raw over roasted, usually thinly sliced in a salad.

Most vegetables mentioned on this page are best roasted (with the exception of fennel). Kohlrabi can be grated & enjoyed raw.



# BROCCOLI & CAULIFLOWER

## INTRO

We each have a special relationship with these cornerstone veggies. Hopefully by now, you've found a way to enjoy them. For me, they have to be in small pieces & cooked within an inch of their life. Then smothered in a sauce.

## VARIETY

Within this floret bunch, we have:

romanesco

purple, yellow, or white cauliflower

broccoli rabe

broccolini

## PREP

On especially thick stalks, you may need to peel the stalk to remove the fibrous layer.

Definitely include the stalk in your cooking.

Also, consider purchasing frozen versions to minimize prep time.

Roast: probably the easiest way to prep this bunch. After cutting into medium-small pieces, spread on a baking sheet or roasting pan & roast at 400 degrees for 25-30 minutes. Spices can be added as desired.

Raw: With the exception of broccoli rabe, these veggies can be consumed raw. If that's your thing.

Sauté: maybe you like very crunchy (like raw) but heated, maybe with some garlic.

Steam & boil: these methods soften the vegetable considerably, although it may take a while.

\*With broccoli rabe, the stalks are so fibrous that you'll need to boil for 3-5 minutes before roasting. You can combine cooking methods with any of these vegetables.

# LONG, THIN THINGS

Asparagus, green beans, snow peas, snap peas, zucchini, yellow squash.

Good raw or cooked.

Any pair well with the floret-type of veggie (previous page).

Buy them fresh, canned, or frozen.

Eat as is or cook a little.

Sauté, steam, or boil. Could also be roasted or grilled with other veggies.

Given this application is for a bowl mixed in with other ingredients, it's probably best to chop these into more manageable pieces. Zucchini can be grated or sliced (with a mandoline) into long noodles.



# CABBAGE & OTHERS

## INTRO

In general, the veggies here can be cooked or left raw.

For our bowls, mostly raw is best, with the noted exception of Brussels sprouts. They are great raw & shredded, but simply wonderful when roasted with crispy outer leaves.

## VARIETY

Within this bundled bunch, we have:

Brussels sprouts

red & white cabbage

savoy cabbage

radicchio

endive

## PREP

Use a food processor, mandoline, or excellent knife skills & patience to shred the leaves.

Remove damaged outer leaves & wash the rest after shredding. In larger varieties, remove the core.

Raw: for the large cabbage varieties, after you shred, you can massage in a little vinegar to soften the leaves. By the time you prep everything else, the leaves will be ready to go.

Roasting Brussels sprouts: remove damaged outer leaves & any stalk that may remain. Half or quarter & toss into a ziplock bag with olive oil, salt, & pepper. Roast at 400 degrees for 35-45 minutes for crispy outer leaves & a buttery soft center.

Raw Brussels sprouts: Using a mandoline or even the slicer side of a cheese grater, CAREFULLY slice thin layers into a stringy pile. Treat just like any shredded, raw cabbage.

# SQUISHY SQUASH

Pumpkin, butternut squash, sweet potato, et al.

Sweet, creamy, brightly colored. These are interchangeable in a recipe. They pair well with the cabbage bunch on the previous page, but only if you like either one of them individually.

Pairing things you don't like won't make either taste any better, FYI.

Any selection from this page requires roasting (also extensive peeling & chopping). Worth the effort, they will add some serious weight to your bowl & natural, grounded sweetness. Use them sparingly so you don't fill up before consuming your grain & other veggies.

Note on regular potatoes: while you *\*could\** roast small red potatoes or fingerling varieties for your bowl, I recommend keeping them for non-bowl meals. You've got enough to consider!



# ALWAYS RAW

## INTRO

Give a little contrast by adding some raw veggies.

It's possible to construct a bowl with only raw veggies.

## VARIETY

We're talking:

cucumber

radish

avocado

sprouts

## PREP

\*\*I said always raw, but truthfully, pickled cucumbers & radishes can go in here, too.

There is little prep involved.

Use a knife, food processor, or mandoline to slice or dice.

Radishes do well grated.

Cucumbers are best sliced.

Avocados are down with whatever.

And sprouts aren't that malleable.

# LEAFY GREENS

To add or not to add... Too much of a lettuce & you've made a salad, not a grain/buddha/vegetable bowl.

But a little wouldn't hurt & is in fact a major element of a bowl meal.

Finely chop destemmed kale or collard greens into thin ribbons to mix easily with your other ingredients. To make them even easier to eat raw, massage them with a little vinegar to soften the ribbons.

Smaller lettuce leaves would work well in a bowl, like baby arugula. A little spinach. Iceberg absolutely does not work here.

Or cook the suckers how you like them & add to the bowl like any other cooked veggie. The bitter greens do quite well with the nutty dressings.



# PROTEIN

Plant or animal-based, you have a hearty meal without a distinct protein. However, you can absolutely make room for a serving here.

Obviously beans do quite well in a bowl meal, plain or with a little flavor. It really comes down to your texture preference. Chickpeas blend with the most, flavor-wise, but they take some chewing. Lentils are a savvy addition for their texture & nutritional properties!

For animal proteins, poached chicken would blend in with most other ingredients & hold a dressing. Soft boiled eggs are wonderful in ANYTHING. Poached eggs are equally wonderful in ANYTHING. And some spiced meats, like beef bulgogi, can strategically work.

And then there's fish. Salmon is an easy addition to any bowl with kale & a tahini-based dressing. Sushi-grade tuna could also do well in a bowl meal.

# TOPPINGS

I see mostly green onions as toppings on bowls, & pumpkin seeds. Seeds are easy to sprinkle in for extra nutrition - hemp, sesame, & pumpkin will add crunchy texture without overwhelming a bowl.

Thinly sliced red onions, chopped chives, diced shallots, capers, & fermented foods like sauerkraut, kimchi, or pickled vegetables can also contribute to an extra kick.

Let's not forget nuts! Sliced almonds, pistachios, crumbled walnuts. However, with a nut-flavored dressing, you may have enough of that taste & enough of the calories.

Fruit - yes, fruit. A crisp apple is a delight & tart, dried cranberries can brighten the right combination.

Even corn & peas count as a topping or mix-in. For Asian-inspired bowls, use baby corn or even bamboo.

A topping can make or break the whole bowl. Just the right one makes it feel restaurant-quality. Too much & it's just a mish-mash of stuff. When in doubt, don't add unless it adds a specific element. Don't add just to add. Less is more. Be strategic.



# GO FURTHER

If I've done my job, in about three months, you'll be eager to explore cooking & vegetables more.

Whenever you're ready, use my YouTube channel for recipe & technique demos to satisfy your craving for elegant, home-cooked vegetables & whole grains.

And when you realize you're ready to invest in your kitchen (& your well-being), consider [my video course on how to buy equipment for a well-stocked kitchen](#). I only recommend the pieces I regularly use & I only demo recipes & techniques using these recommended pieces. You'll know which pieces to spend real money on, & which pieces you can save real money on.

One step further - you can get one-on-one direction with me for a pantry assessment & cooking companion sessions for a full immersion within whatever you want extra guidance.

Reach me at [Jenna@JennaGEdwards.com](mailto:Jenna@JennaGEdwards.com) to decide the direction that's best for you.

Thank you for exploring meals in bowls with me!