



## Protein Forward Whole Food Power Bowl



Image:Hollywood Beat magazine

This recipe reflects the core of the updated food pyramid. Whole foods. Simple prep. Balanced nutrition.

BY **HB Test Kitchen**

**Servings:** 2 bowls | **Difficulty:** Easy

**PREP TIME:** 15 minutes + **COOK TIME:** 20 minutes | **TOTAL TIME:** 35 minutes

## Ingredients

- 2 salmon fillets or boneless chicken thighs, about 4 to 5 ounces each
- 1 cup cooked quinoa or farro
- 1 medium sweet potato, cubed
- 2 cups leafy greens, spinach or kale
- 1 cup cherry tomatoes, halved
- 1 cup sliced cucumber
- 2 1/2 tablespoons extra-virgin olive oil, separated
- Salt and pepper to taste

### **Yogurt sauce**

- 1 cup full fat plain Greek yogurt
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 1 small garlic clove, minced
- Salt to taste

### **Optional toppings**

- Avocado slices
- Chopped nuts or seeds

## **Directions**

- 1 Heat oven to 400 degrees F.
- 2 Toss sweet potato with one tablespoon olive oil, salt, and pepper. Roast for about 25-30 minutes, until tender, flipping halfway through.
- 3 Pat protein dry. Season salmon or chicken with salt and pepper.
- 4 Preheat your pan on med-high heat for about two minutes. Add 1 ½ tablespoons of olive oil to the pan when hot.
- 5 Pan-sear **salmon**, skin side up, about 4 to 5 minutes per side, depending on how thick your salmon fillet is. Salmon is done when it flakes easily with a fork.
- 6 If using **boneless chicken thighs**, cook for 6 to 7 minutes per side or until no longer pink.
- 7 Warm quinoa or farro if needed.
- 8 Whisk yogurt sauce ingredients until smooth.
- 9 **Build bowls.** Start with grains, vegetables, and sweet potatoes. Add protein. Finish with yogurt sauce and optional toppings.

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## **Tips & Substitutions:**

- Cook extra grains ahead of time to save prep during the week.
- Roast vegetables in batches for faster meals.
- Season protein simply to keep flavors clean.

### **Substitutes**

- Swap salmon for eggs, steak, or tofu.
- Use brown rice instead of quinoa or farro.
- Replace sweet potato with squash or carrots.

- Use kefir or cottage cheese blended smooth if Greek yogurt is not available.

### **Suggestions for making**

- Serve for lunch or dinner.
- Pair with water or unsweetened iced tea.
- Keep ingredients separate for easy meal prep.
- Adjust portion sizes based on your activity level.



### **Nutritional Info per serving:**

- Calories: about 550
  - Protein: about 38 grams
  - Fat: about 28 grams
  - Carbohydrates: about 35 grams
  - Fiber: about 8 grams
  - Added sugar: 0 grams
- (Values may vary.)

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