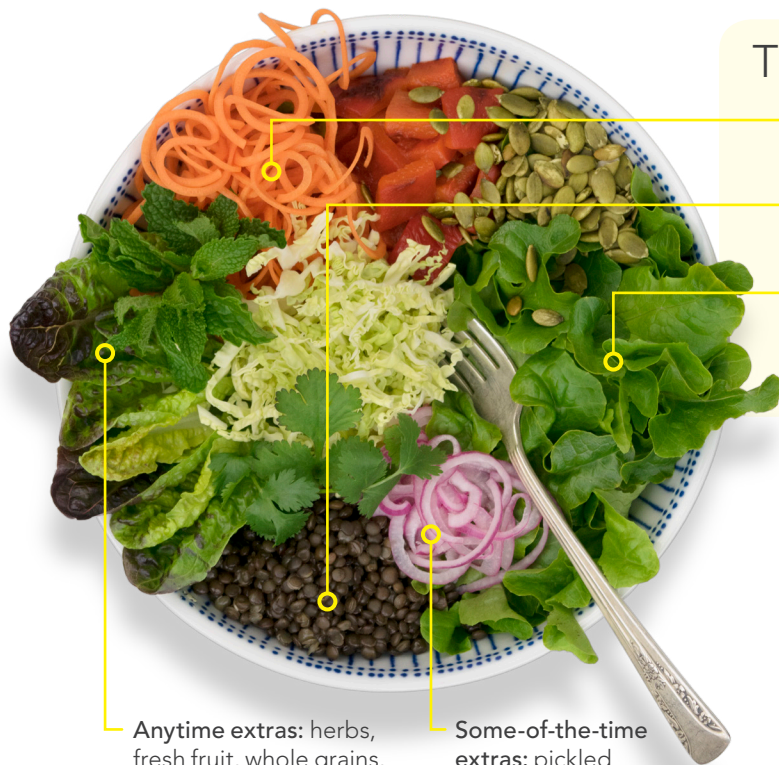


# The Healthy Cook

## The Anatomy of the Perfect Bowl

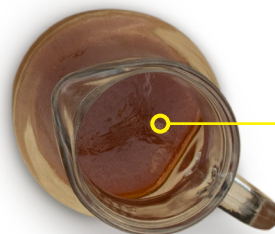


### THE BASIC FORMULA

- 1-2 cups raw and/or cooked veggies
- ½ cup chicken, fish, tofu, or beans
- 2-3 cups salad greens
- 2-3 Tbs. dressing

Anytime extras: herbs, fresh fruit, whole grains, avocado, nuts, or seeds

Some-of-the-time extras: pickled veggies, egg, or cheese



### Smoked Paprika Dressing

- ½ tsp. smoked paprika
- ½ tsp. brown sugar
- ½ tsp. kosher salt
- 2 tsp. tomato paste
- 1 Tbs. mayonnaise
- 2 Tbs. red wine vinegar
- 2 Tbs. extra-virgin olive oil

In a large bowl, whisk together all the ingredients.

MAKES 6 TBS.

### In This Bowl

½ cup chopped roasted peppers	3 cups salad greens
1 cup shredded carrot and cabbage	¼ cup mint and cilantro leaves
¼ cup pickled red onion	½ cup cooked lentils
	2 Tbs. roasted pumpkin seeds

PER SERVING (bowl in photo with 3 Tbs. dressing): calories 470 | total fat 27 g | sat fat 4 g | carbs 44 g | fiber 15 g | total sugar 12 g | added sugar 1 g | protein 19 g | sodium 590 mg

### Creamy Sesame Dressing

¼ cup plain greek yogurt	2 tsp. toasted sesame oil
2 Tbs. tahini	2 tsp. honey
2 Tbs. lemon juice	1 clove minced garlic
2 Tbs. reduced-sodium soy sauce	½ tsp. kosher salt

In a large bowl, whisk together all the ingredients.

PER SERVING (3 Tbs. dressing): calories 90 | total fat 6 g | sat fat 1 g | carbs 7 g | fiber 0 g | total sugar 4 g | added sugar 3 g | protein 4 g | sodium 470 mg

MAKES ABOUT 12 TBS.

