



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Build a Bowl with Plant-Based Benefits

Bowl meals and salad greens with lots of nutritious toppings are a lasting trend. They're a great meal option where ingredients can be prepped ahead, making it simpler to feed the family on busy weeknights. Include a variety of fresh fruits and veggies, leafy greens, whole grains, beans, nuts, and seeds to create a delicious plant-based meal. Another bonus is bowl meals are great for DIY dinners! Everyone can include items they prefer.

Did you know...?

Avocados are a FRUIT with heart healthy fat and nearly 20 vitamins and minerals.

Mangos have no sodium, fat, or cholesterol, and have over 20 vitamins and minerals.

Shrimp has protein plus beneficial omega-3 fats, iron, selenium, potassium and magnesium.

Thai Avocado Shrimp Bowl

Ingredients:

- 1/4 cup water
- 1/4 cup rice vinegar
- 1/4 cup sugar
- 1 clove garlic, minced
- 1/2 tsp. ginger, minced
- 1/2 tsp. crushed red pepper flakes
- 1/2 tsp. ketchup
- 1/2 tsp. cornstarch
- 8 cups mixed greens
- 1 lb. cocktail shrimp, cooked
- 4 cups mango, peeled and diced
- 2 avocados, diced
- 2 cups cucumber, diced
- 1/4 cup peanuts, chopped
- 1/4 cup red onion, diced
- Mint, chopped (garnish)
- Cilantro, chopped (garnish)



Directions:

1. In a medium pot on medium heat, add water, rice vinegar, sugar, ginger, garlic, red pepper, ketchup, and cornstarch. Simmer and stir until well combined and thickened, approximately 5 minutes to make the sweet chili vinaigrette.
2. In a large bowl, add shrimp and stir in sweet chili vinaigrette until well combined.
3. In large bowls, evenly distribute mixed greens, mango, cucumber, avocado, shrimp, peanuts, red onion and garnish with mint and cilantro.

Recipe and image courtesy of Avocados from Mexico.