

Green Goddess Glow Bowl

5 servings • By: Rachel • Generated by Nutrifax

Ingredients

- 1 tsp, ground Spices (pepper, black)
- 1/2 tsp Salt (table)
- 1 tablespoon Oil (olive, salad or cooking)
- 4 oz (14 halves) Nuts (walnuts, english)
- 3 oz Cheese (feta)
- 1 cup chopped Broccoli (raw)
- 255 g Soybeans (green (edamame), boiled, drained)
- 1 g Cucumber (with peel, raw)
- 5 cup Spinach (raw)
- 16 oz Crustaceans (shrimp, raw)
- 500 g Grains (rice, brown, long-grain, cooked)

Instructions

1. Cook the shrimp: Season shrimp with salt and pepper. In a skillet, heat the olive oil over medium heat. Once hot, add shrimp and cook for 2-3 minutes on each side until done. Remove from heat and set aside.
2. Prep the vegetables: 1. Edamame: Boil edamame for 2-3 minutes, then drain and pat dry. 2. Broccoli: Chop into bite size pieces, then steam over hot water until soft enough to pierce with a fork. (Steaming the broccoli will preserve more of it's nutrients as opposed to boiling). Alternatively, you can roast the broccoli in the oven at 350 degrees Fahrenheit for 25-30 minutes. 3. Cucumber: Chop into into bite size pieces.
3. Assembly: Evenly distribute the cooked brown rice, cooked shrimp, spinach vegetables, feta cheese, and walnuts into 5 even portions. Store in an airtight container for up to 3 days.