

RAINBOW GARDEN RICE BOWL



INGREDIENTS:

- 1 microwaveable package of jasmine rice
- 1 carrot
- 1 cucumber
- 2 avocados
- 1 red cabbage
- Sweet chili sauce
- Seaweed sesame sprinkle

INSTRUCTIONS:

1. Prep all the vegetables: peel and grate the carrot, peel and dice the cucumber, peel and dice the avocado, and thinly slice the cabbage.
2. Cook the rice according to package directions.
3. Divide rice among 4-6 bowls.
4. Top rice with equal amounts of prepped carrot, cucumber, avocado, and cabbage.
5. Drizzle chili sauce on the veggies to taste.
6. Top with seaweed sesame sprinkle to taste.
7. Eat and enjoy!

Yield: 4-6 servings

Source: HCOE Nutrition Program

Harvest
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Month™

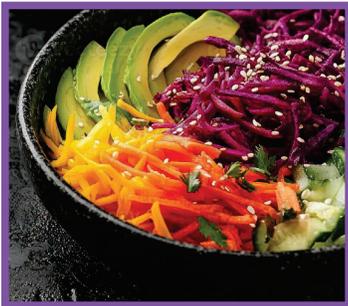
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The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit benefitscal.com.

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