

AFFORDABLE LOCAL EATING

Monthly
prize drawings!
Eat 40% Local
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Simply Seasonal

Build-Your-Own Local Bowl

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Build-Your-Own Local Bowl

Ingredient ideas:

Grains: wheat berries, barley, rye, farro, wild rice, spelt berries, quinoa, polenta, millet

Raw vegetables: shaved carrots, shredded Brussels sprouts, slivered bell pepper, chopped leafy greens, chopped cucumbers

Cooked vegetables: roasted squash, cauliflower, broccoli, root vegetables, red peppers, zucchini or summer squash; sautéed greens or mushrooms

Proteins: cooked beans, sautéed tempeh or tofu, fried or scrambled eggs

Locally prepared dressings (or make your own): Yumm! Sauce, Nearly Normal's Tamari Ginger Vinaigrette, Toby's dressings, Pasta Plus Pesto, Hummus

Fruit: apples, persimmons, berries, pears, dried cherries

Pickle: pickled onions or radishes, sauerkraut

Cheese: Willamette Valley Cheese Co., Alsea Acres, Ochoa's Quesaria, La Mariposa

Herbs: dill, basil, mint, parsley, cilantro

Nuts and seeds: hazelnuts, pumpkin seeds, flax

1. Spread cooked grain over the bottom of your bowl; top with vegetables
2. Add a local protein of choice
3. Drizzle with desired dressing
4. Top with fruit, pickle, cheese, etc.

Brought to you by the Corvallis Sustainability Coalition
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