

K-12 HARVEST GRAIN POWER BOWL

A hearty, build-your-own bowl packed with warm brown rice, tender grilled chicken, crisp lettuce, and a creamy Parmesan broccoli drizzle. Filling, flavorful, and fun to eat.

Ingredients:

Grain Base

- 1 cup cooked brown rice
- ¼ cup Brickman's Lemon Dijon Hearty Grain Salad

Protein

- ½ cup Gordon Choice Fully Cooked Sliced Grilled Chicken Breast (Plant-based option: substitute ½ cup roasted chickpeas)
- Roasted Chickpeas
- ½ cup chickpeas, drained
- 2 Tbsp olive oil
- ½ tsp garlic & herb seasoning

Creamy Parmesan Broccoli Drizzle

- ¼ cup Brickman's Creamy Broccoli Soup
- 1 to 2 Tbsp milk
- 2 Tbsp Parmesan cheese
- ¼ tsp lemon juice

Lettuce Mix

- ¼ cup mixed lettuce
- ½ tsp white balsamic vinegar
- 1 tsp olive oil
- 1 Tbsp pickled red onion
- 1 hard boiled egg, pickled overnight in red onion juice, sliced
- ¼ cup sliced mixed peppers

Ciabatta Toasted Croutons

- ½ whole grain ciabatta roll
- 1 Tbsp olive oil
- ½ tsp garlic & herb seasoning
- ½ tsp white balsamic vinegar

Prep and Assembly Instructions:

Preheat oven to 400°F.

Roasted Chickpeas

1. Toss chickpeas with olive oil and garlic & herb seasoning until evenly coated.
2. Spread onto a greased, trimmed baking sheet and roast at 400°F for 10 to 15 minutes, or until lightly crisp. Set aside.

Creamy Parmesan Broccoli Drizzle

3. Combine broccoli soup, milk, and Parmesan cheese in a blender or mixing bowl. Blend or whisk until smooth.
4. Add a few drops of lemon juice to taste. Sauce should be smooth enough to pour into a squeeze bottle for easy drizzling. Set aside.

Ciabatta Croutons

5. Slice ciabatta rolls into triangles.
6. Combine olive oil, garlic & herb seasoning, and white balsamic vinegar. Lightly brush each triangle with the mixture.
7. Toast at 400°F for 5 minutes, or until golden and crisp. Set aside.

Lettuce Mix

8. Toss mixed lettuce with white balsamic vinegar and olive oil. Set aside.

Grain Base & Protein

9. Mix warm brown rice with Lemon Dijon Grain Salad.
10. Heat grilled chicken chunks to proper serving temperature.

Assembly

11. Spoon the grain base into a bowl.
12. Place protein centered on top.
13. Arrange the dressed lettuce mix around the edges of the bowl.
14. Slice the pickled egg and place delicately over the top.
15. Sprinkle sliced mixed peppers over the bowl.
16. Add a few roasted chickpeas, if desired.
17. Add pickled red onions.
18. Drizzle 1 to 2 tablespoons of Parmesan broccoli sauce in a thin zigzag over the top.
19. Place ciabatta croutons alongside and serve warm.

Product	Description	Code #	Pack Size
 Brickman's® Lemon Dijon Hearty Grain Salad	This satisfying blend of barley, farro, and brown rice is complemented by tangy feta cheese and a bright lemon Dijon vinaigrette. Enjoy it as a ready-to-serve dish or use it as a versatile base for easy plus-one recipes.	580164	2/5 lb.
 Gordon Choice® Fully Cooked Sliced Grilled Chicken Breast	Elevate your culinary creations with the ultimate convenience protein – pre-sliced grilled chicken breast! These juicy white meat strips arrive ready-to-use in salads, stir-fries, sandwiches, and more.	466812	4/5 lb.
 Brickman's® Creamy Broccoli Soup	Broccoli blended into a smooth, creamy base to deliver classic, satisfying warmth in every spoonful. 	580151	2/8 lb.

LEGEND:  Dairy Free  Gluten Free  Kosher  Vegan  Vegetarian

