



# HOW TO BUILD A POWER BOWL:

Build a power bowl with balance

## Choose Your Base

### 1+ cups leafy greens

- Arugula
- Beet Greens
- Chard
- Kale
- Lettuce: butter, romaine, red leaf, green leaf, mixed greens, etc.

**TIP:** Purchase pre-washed and chopped greens, or prep your greens so they're ready for quick assembly.

## Add Fiber-Packed Carbohydrates

### ½ cup - 1 cup of whole grains or complex carbohydrates

#### Whole grains:

- Barley
- Brown Rice
- Farro
- Quinoa
- Sorghum
- Wheat Berries

#### Complex Carbohydrates:

- Beets
- Squash: acorn, butternut, delicata
- Sweet Potatoes

### TIPS:

- Batch cook whole grains for the week.
- Meal prep veggies by roasting for the week.
- Buy pre-chopped squash, sweet potatoes, etc. to trim down on prep time.
- Buy pre-cooked options from the hot bar or salad bar of the grocery store.

## Pack on the Produce

### 1+ cup - raw, steamed, roasted

#### Vegetables:

- Asparagus
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Cucumber
- Eggplant
- Green Beans
- Mushrooms
- Peppers
- Tomatoes
- Zucchini

**TIP:** Wash and chop veggies in advance.

## Power up with Protein

### 3 oz. combined

- Cabot Cheddar, cubed or grated
- Greek yogurt
- Fish: shrimp, salmon, tuna, sardines, etc.
- Hard boiled eggs
- Meat: poultry, beef, turkey, etc.
- Beans/Pulses: chickpeas, black beans, cannellini beans, lentils, etc.
- Tofu, tempeh, edamame

## Healthy Fats

### 1-2 Tbsp combined

- Avocado (⅓ of fruit)
- Nuts (1 - 2 Tbsp.)
- Olives (8 - 10 each)
- Seeds (1 - 2 Tbsp.)
- Tahini or nut butter (1 - 2 Tbsp.)
- Oils: olive oil, avocado oil, sesame oil (~ 1 Tbsp)

#### Optional Dressing:

- 6 Tbsp. white balsamic vinegar
- 4 Tbsp. olive oil
- 2 small garlic cloves, pressed or minced
- 2 tsp. maple syrup
- Salt, to taste
- Combine and shake in a mason jar.

For recipe ideas visit  
[cabotcheese.coop](http://cabotcheese.coop)



## Roasted Roots Power Bowl with White Oak Cheddar

SERVES 4

- 3 Tbsp. olive oil, divided
- 1 medium sweet potato, peeled and cut into 1-inch chunks
- 2 parsnips, peeled and cut into 1" chunks
- 1 small celeriac (celery root), skin cut off and cut into 1" chunks
- 1 tsp. Herbes de Provence or Italian Seasoning Blend
- ½ tsp. coarse kosher salt, divided
- ½ tsp. ground pepper, divided
- 1 cup uncooked quinoa, rinsed
- 2 cups vegetable or chicken broth
- 4 tsp. minced shallot
- 4 tsp. red wine vinegar
- 2 tsp. Dijon mustard
- 2 tsp. honey
- 4 oz. Cabot Extra Sharp Cheddar, broken into chunks
- ¼ cup dried cranberries
- ¼ cup chopped parsley

**PREHEAT** oven to 425°F.

**ROAST** vegetables: Toss sweet potato, parsnips and celeriac in a large bowl with 1 Tbsp. oil, herb blend, ¼ tsp. salt and ¼ tsp. pepper. Spread out on a large baking sheet. Roast, stirring occasionally until browned and tender, 25 to 35 min.

**COOK** quinoa: Bring broth to a simmer in a medium saucepan over high heat. Add quinoa and return to a simmer. Cover, reduce heat to low to maintain a simmer, and cook until the quinoa has absorbed the liquid and the germ bursts, 15 to 20 min. Let sit covered 3 to 5 min.

**MAKE** dressing: Whisk shallot, vinegar, mustard, honey, the remaining 2 Tbsp. oil, the remaining ¼ tsp. salt and the remaining ¼ tsp. pepper in a small bowl until combined. Alternatively, puree with a mini-prep or immersion blender.

**ASSEMBLE** Power Bowls: Mound cooked quinoa in the center of 4 wide bowls. Top each with ¼ of the roasted vegetables. Drizzle with the dressing, dividing evenly. Top each bowl with Cabot White Oak cheddar, cranberries, and parsley, dividing evenly.

**NUTRITION FACTS** 520 Calories, 22g Total Fat, 7g Saturated Fat, 30mg Cholesterol, 650mg Sodium, 67g Carbohydrates, 9g Dietary Fiber, 17g Protein, 301mg Calcium

## Cabot Cheddar Butternut Squash Soup

SERVES 6

- 1 Tbsp. Cabot Salted Butter
- ½ sweet onion, diced
- 2 lb. butternut squash, peeled and cut into chunks
- 2 honeycrisp apples, peeled and cut into chunks
- 4 cups homemade chicken stock or prepared chicken broth
- 1 cup Plain Greek Yogurt
- 4 oz. Cabot Vermont Sharp Cheddar, grated (about 1 cup)
- ¼ tsp. ground red pepper (cayenne)
- Salt and ground pepper to taste
- Chopped fresh chives for garnish

**SAUTE** onions with butter over low medium heat in a large stock pot until translucent.

**ADD** squash, apples, and stock or broth in a large pan; bring to boil over high heat. Reduce heat to medium, cover pan and simmer squash for 20 min. or until very tender.

**UNCOVER** and let cool. Puree in blender or food processor, in batches if necessary.

**RETURN** puree to saucepan and place over medium-low heat. Stir in yogurt, cheese, and red pepper. Add salt and ground pepper to taste.

**WHISK** soup just until heated through (do not allow to boil). Serve sprinkled with chives.

**NUTRITION FACTS** 304 Calories, 14g Total Fat, 7g Saturated Fat, 43g Cholesterol, 422mg Sodium, 36g Carbohydrates, 5g Dietary Fiber, 13g Protein, 285mg Calcium

