

Start with U.S.-grown rice and the possibilities are endless!

RICE BOWL CONCEPT	RICE	VEGETABLES*	PROTEIN	SAUCE/SEASONINGS/GARNISH
ETHNIC				
Teriyaki Bowl	White or brown	Broccoli, red peppers, carrots, green onions, pea pods	Chicken, beef or pork	Teriyaki glaze, stir-fry sauce or sesame ginger sauce. Garnish with bean sprouts, sesame seeds.
Sweet-and-Sour Bowl	White or brown	Green and red pepper strips, green onions, pineapple	Breaded chicken tenders, chicken or pork	Sweet-and-sour sauce. Garnish with sesame seeds, crispy wonton strips.
Greek-style Bowl	White or brown	Spinach, black olives, zucchini, lettuce, tomatoes	Chicken or shrimp	Garlic herb or lemon herb sauce. Garnish with feta cheese crumbles, chopped olives.
Indian-style Bowl	Brown or U.S. Basmati	Green and red pepper strips, chickpeas	Chicken or shrimp	Curry sauce or mango chutney. Garnish with chopped peanuts.
Thai Bowl	White or U.S. Jasmine	Red peppers, hot peppers, pea pods, green onions, mushrooms, sprouts	Chicken, pork or seafood	Thai peanut sauce or curry sauce. Cilantro, fresh basil. Garnish with bean sprouts, grated carrots.
REGIONAL AMERICAN				
Southwest Fajita Bowl	White or brown	Green and red pepper strips, onions, corn	Grilled chicken or beef strips	Chipotle barbecue sauce. Garnish with shredded cheese, salsa.
Chili Bowl	White or brown	Chopped onions, green onions, green or red peppers, beans, jalapeño peppers	Prepared beef or turkey chili	Hot sauce. Top with sour cream and cheddar cheese. Garnish with tortilla chips.
Southern BBQ Bowl	White or brown	Corn, chopped tomatoes, beans	Pulled pork or pulled chicken	Barbecue sauce. Garnish with diced onions.
Cajun Bowl	White or brown	Celery, onions, peppers	Popcorn chicken or shrimp	Cajun-style sauce. Garnish with chopped tomatoes.
CONTEMPORARY				
Cheeseburger Bowl	White or brown	Onions, mushrooms, pickle garnish	Ground beef crumbles	Mushroom sauce or cheese sauce. Garnish with pickles.
Buffalo Chicken Bowl	White or brown	Shredded lettuce	Buffalo chicken strips	Buffalo chicken sauce and ranch or blue cheese dressing. Garnish with celery and carrot sticks.
Pizza Bowl	White	Mushrooms, onions, peppers, garlic, chopped tomatoes	Pepperoni or sausage crumbles, shredded mozzarella cheese	Tomato sauce, oregano, basil. Garnish with Parmesan cheese.
Roasted Turkey Bowl	White or brown	Mushrooms, onions, peas	Roasted turkey strips	Turkey gravy. Garnish with cranberries or minced herbs.
Taco Bowl	White or brown	Onions, green and red pepper strips	Taco-flavored chicken strips, beans	Chili sauce or mole sauce. Garnish with sour cream, taco chips, cheddar cheese.
Vegetarian Bowl (sweet or savory)	White or brown	Onions, peppers, mushrooms, carrots, celery, pea pods, broccoli, cauliflower	Beans or cheese	Sweet-and-sour sauce, teriyaki glaze or tamari sauce. Garnish with chopped nuts.
BREAKFAST				
Apple Walnut Breakfast Bowl	Brown	Apples, raisins, cranberries	Walnuts	Brown sugar and cinnamon, cream or milk. Garnish with whipped topping.
Huevos Breakfast Bowl	Seasoned rice blend	Diced tomatoes, green onions, green peppers	Cooked scrambled eggs	Taco sauce, chili powder, ground cumin. Garnish with cheddar cheese, sour cream.

*Steaming, sautéing or stir-frying vegetables are all popular preparation methods for Rice Bowls.