



# Bowls



# The scoop on bowls

Bowls are a convenient, creative and customizable platform for combining flavorful ingredients into full-blown meals. They are vehicles for versatility, adaptable to breakfast, lunch, dinner and grab and go, in build-your-own formats or chef-driven compositions. Foodservice operators in every segment are finding that bowls rule with their customers—from K-12 and college students to rushed office and hospital workers, retired seniors and sports fans. These 10 recipes illustrate the bowl's versatility by showcasing ethnic flavors, on-trend ingredients and healthy combos.

## Inside

- 03** Mediterranean Farro Bowl
- 04** Spicy Korean Pork Bowl
- 05** Blended Asian Beef Bowl with Cucumber-Carrot Salad
- 06** Cabo Shrimp Quinoa Bowl
- 07** Stir-Fried Tofu Sorghum Bowl
- 08** Mighty Green Grain Bowl
- 09** Chickpeas with Spiced Tomato Sauce, Carrot and Preserved Lemon Salad, and Poached Eggs
- 11** Cuban Hipster Bowl
- 12** Thai Basil Bowl
- 13** Chimichurri Ancient Grain Bowl

# Mediterranean Farro Bowl

As a foodservice provider to healthcare, B&I, cultural institutions and other noncommercial operations, Elior frequently changes up the menu to keep guests engaged. The company's seasonal plates take advantage of current market-fresh ingredients. The latest introductions in the line focus on grain and veggie combos, including this Mediterranean farro bowl.



Recipe from Elior  
North America  
Serves 16



PHOTO COURTESY OF ELIOR NORTH AMERICA

## Ingredients

### VEGETABLES

- 1/3 cup olive oil
- 2 1/2 tsp. minced garlic
- 1 1/2 lb. cherry tomatoes
- 1 1/2 lb. red bell peppers
- 1 1/2 lb. shiitake mushrooms
- 1 1/2 lb. cremini mushrooms
- 1 1/2 lb. yellow summer squash
- 1 1/2 lb. eggplant
- 1 1/2 lb. zucchini

### VINAIGRETTE

- 2 cups olive oil
- 3/4 cup fresh lemon juice
- 2 tsp. grated lemon zest
- 4 tbsp. liquid aminos
- 1/2 tsp. sea salt
- 1/2 tsp. ground white pepper

### SALAD

- 24 oz. canned cannellini beans
- 20 oz. farro
- 64 oz. vegetable broth
- 1 lb. arugula

## Steps

- 01** Preheat oven to 450 F. In large bowl, whisk olive oil and garlic; set aside.
- 02** Cut cherry tomatoes in half and set aside. Cut all remaining vegetables on the bias into half-moon slices. Toss each vegetable except tomatoes separately in olive oil mixture; spread evenly on separate sheet pans. Roast all vegetables except tomatoes for 10 to 15 minutes until tender-crisp and lightly golden; cool.
- 03** For vinaigrette: In bowl, whisk 2 cups olive oil with remaining ingredients until blended; set aside.
- 04** For salad: Drain and rinse cannellini beans. Toast uncooked farro in dry skillet until slightly golden.
- 05** Meanwhile, in large saucepan, bring vegetable broth to a boil. Add farro and reduce heat to medium. Simmer 35 to 40 minutes until tender and all liquid is absorbed, stirring occasionally. Spread farro on sheet pan to cool.
- 06** To assemble, spoon 4 ounces cooked farro in shallow bowl. Arrange roasted vegetables and beans around grains and arugula down center. Drizzle with vinaigrette.

# Spicy Korean Pork Bowl

This flavor-packed and filling bowl meal hits many on-trend flavors: It features spicy chile oil, pickled kimchi and a craveable mix of spicy-savory ethnic ingredients. The Korean pork itself could also be menued in a variety of other ways, from handheld street tacos to noodle-based soups.



Recipe from chef  
William Mullins  
of Oregon State  
University  
Serves 8



PHOTO: SHUTTERSTOCK

## Ingredients

### KOREAN PORK

3½ lb. pork shoulder  
1 cup water  
½ yellow onion, roughly chopped  
1½ oz. soy sauce  
1 tbsp. sugar  
1 tbsp. garlic, chopped  
1 oz. sesame oil  
2 tbsp. sesame seeds, toasted  
1 oz. lime juice  
1 tbsp. chopped ginger  
2 to 3 oz. Korean chile paste

### RICE BOWL

2¼ lb. Korean pork  
2 oz. rice oil  
2 oz. hot chile oil  
8 whole eggs  
24 oz. mild kimchi  
12 cups steamed rice  
¼ cup green onions, cut on the bias  
2 tbsp. cilantro, chopped

## Steps

- 01** Cut pork shoulder into ½ lb. pieces and place in a deep baking dish. Add remaining Korean pork ingredients, coating the meat well.
- 02** Cover the dish tightly with foil and bake at 275 F for 2 to 3 hours, or until tender.
- 03** Allow the pork to rest for 15 minutes; strain cooking liquid and reserve. Shred pork.
- 04** Heat wok over high heat. Add strained cooking liquid from the pork. Stir in rice oil and shredded pork. Cook until the pork is crispy. Set aside.
- 05** Heat a separate large skillet over high heat. Add hot chile oil and heat. Crack eggs into hot oil and cook each sunny side up.
- 06** To build each bowl, layer a bed of steamed rice on the bottom, add 4 ounces Korean pork and 3 ounces kimchi. Top with a cooked egg, chile oil remaining in the skillet and a garnish of cilantro and green onions.

# Blended Asian Beef Bowl with Cucumber-Carrot Salad

Blending mushrooms with ground beef gives this bowl a more plant-forward spin. The flavors are amped up with Asian seasonings, including sesame oil, soy sauce, rice wine vinegar and ginger, with crushed red pepper flakes providing a bit of heat. A garnish of chopped cashews adds crunch.



Recipe from chef  
Katie Cavuto

Serves 4



PHOTO: SHUTTERSTOCK

## Ingredients

### CUCUMBER-CARROT SALAD

1 large English cucumber, spiralized or thinly sliced  
2 large carrots, spiralized or thinly sliced  
2 tbsp. rice wine vinegar  
1 tbsp. lime juice  
1 tbsp. honey  
1 tsp. sesame oil  
½ tsp. grated lime zest  
Salt and pepper to taste

### BLENDED BEEF SAUTE

2 tbsp. honey  
¼ cup reduced-sodium tamari or soy sauce  
1 tbsp. rice wine vinegar  
2 tsp. sesame oil  
½ tsp. crushed red pepper flakes, optional  
¼ tsp. grated fresh ginger  
2 tbsp. avocado oil, divided  
8 oz. cremini mushrooms, finely chopped  
3 garlic cloves, minced or grated  
½ cup diced yellow onion  
1 lb. ground beef  
2 cups cooked jasmine rice  
¼ cup chopped cilantro  
¼ cup chopped cashews

## Steps

- 01** Prepare cucumber-carrot salad: In large bowl, whisk together rice wine vinegar, lime juice, honey, sesame oil and lime zest. Season with salt and pepper. Add the cucumber and carrot; toss together and set aside.
- 02** Prepare blended beef saute: In small bowl, whisk together honey, soy sauce, vinegar, sesame oil, red pepper flakes and ginger; set aside.
- 03** Heat 1 tablespoon avocado oil in large skillet over medium-high heat. Add mushrooms; saute 2 to 3 minutes or until brown. Remove mushrooms from pan and set aside.
- 04** In same skillet, heat remaining 1 tablespoon oil. Add onion and garlic; cook until fragrant, about 2 minutes. Add ground beef and cook until browned, about 3 to 5 minutes, making sure to crumble the beef as it cooks; drain excess fat.
- 05** Add mushrooms back to skillet and stir to combine. Stir in reserved sauce mixture; simmer until heated through, about 2 minutes.
- 06** To serve, spoon rice into bowl; top with mushroom mixture and garnish with cilantro and cashews. Spoon some cucumber and carrot salad on the side.

# Cabo Shrimp Quinoa Bowl

At six-unit Burrito Beach, bowls are a newer addition to a menu that had traditionally focused on burritos, tacos, quesadillas and nachos. Chef Dave Schy has expanded customization options by giving guests the opportunity to build a bowl with a base of quinoa and/or rice topped with several protein choices, including char-grilled chicken, beef brisket, sirloin or shrimp. Here, garlicky spiced Cabo shrimp top the entree bowl.



Recipe from Chef  
Dave Schy of  
Burrito Beach  
Serves 11



PHOTO COURTESY OF BURRITO BEACH

## Ingredients

### CABO SHRIMP

3 cloves garlic, minced  
3 oz. michelada or spicy vegetable juice  
2 tbsp. olive oil  
1 tbsp. chile powder  
1 green onion, chopped  
1 tsp. red wine vinegar

### QUINOA MIXTURE

4 cups cooked quinoa  
1 tomato, small dice  
½ red bell pepper, small dice  
2 green onions, sliced thin  
1 serrano pepper, seeded and minced  
4 tbsp. minced cilantro  
3 tbsp. lime juice

2 tbsp. olive oil  
1 tbsp. red wine vinegar  
1 tsp. chile powder  
½ tsp. salt

### BOWL COMPONENTS

3 oz. cooked fat-free black beans  
3 oz. cooked rice  
3 oz. quinoa mixture  
3 oz. Cabo shrimp  
3 oz. grilled mixed vegetables (zucchini, onions, peppers, kale and/or yellow squash)  
1 oz. shredded Monterey Jack cheese  
1 oz. pico de gallo  
1 oz. cooked or canned corn kernels seasoned with chipotle

## Steps

- 01** Prepare Cabo shrimp: In large bowl, combine all ingredients except shrimp; mix well, Add shrimp; marinate several hours in the refrigerator.
- 02** Meanwhile, combine cooked quinoa with tomato, red pepper, green onions, serrano, cilantro, lime juice, olive oil, vinegar, chile powder and salt; mix well.
- 03** Grill shrimp on griddle or barbecue grill until cooked through.
- 04** To build each bowl, layer black beans in bottom and cover with rice. Place quinoa mixture to one side; add grilled vegetables in one corner and grilled shrimp in the other corner. Sprinkle cheese, pico de gallo, corn and cabbage evenly over top of bowl; drizzle with salsa verde.

# Stir-Fried Tofu Sorghum Bowl

Gluten-free sorghum is emerging on menus in everything from risotto-style sides to Asian stir-fries and taco fillings. The high-fiber, high-protein grain has a neutral flavor, making it a good base for a spicy Thai dish like this bowl. Chef Sharon Palmer keeps it vegan with the addition of tofu, but chicken, pork, beef or seafood can easily be swapped in, as can any fresh vegetables.



Recipe from chef  
Sharon Palmer,  
dietitian and  
cookbook author

Serves 4



PHOTO COURTESY OF UNITED SORGHUM CHECKOFF PROGRAM

## Ingredients

### SORGHUM BOWL

- 1 cup whole-grain sorghum
- 1 lb. extra-firm tofu
- 4 tsp. peanut oil, divided
- 2 cups chopped asparagus spears
- 2 carrots, peeled and sliced
- 1 tbsp. grated ginger
- 2 garlic cloves, minced
- 1 tbsp. water
- 1 red bell pepper, seeded and sliced
- 1 ½ cups sliced snow peas
- 1 tbsp. low-sodium soy sauce

### THAI SAUCE

- 1 cup light canned coconut milk
- 1 tbsp. Thai red curry paste
- ½ cup creamy peanut butter
- 1 tbsp. low-sodium soy sauce
- 2 ½ tbsp. sorghum syrup or maple syrup
- 1 garlic clove, minced
- 2 tsp. minced fresh ginger
- 1 tsp. cornstarch

## Steps

- 01** In medium saucepan, bring 4 cups water to a boil. Add sorghum and cover. Reduce heat to medium and simmer 45 minutes or until tender. Fluff with a fork.
- 02** Press tofu for 30 minutes; cut into 1-inch cubes.
- 03** In wok or large skillet over medium-high heat, heat 2 teaspoons oil. Add asparagus, carrots, ginger and garlic; stir-fry for 1 minute. Add water; cover and let vegetables steam for 2 minutes.
- 04** Add red pepper, snow peas and soy sauce to wok. Cook, stirring constantly, 3 to 4 minutes longer or until all vegetables are tender-crisp. Remove vegetables and wipe wok clean with paper towel.
- 05** Return wok to medium-high heat. Add remaining peanut oil and swirl to coat, then add tofu. Cook 5 minutes until lightly browned and crisp on all sides, turning occasionally.
- 06** Whisk together coconut milk and remaining Thai sauce ingredients; pour over tofu. Cook 4 to 5 minutes until sauce thickens. Return vegetables to pan; toss to coat.
- 07** Divide cooked sorghum among four to six bowls; top with vegetables and tofu.

# Mighty Green Grain Bowl

For this Mediterranean-influenced bowl served at University of Oregon, chef Tom Driscoll sources a blend of brown rice, quinoa, lentils, red rice and wild rice from a local vendor. Kale, black beans and avocado slices go on top of the cooked grain mix, accented by a zesty housemade salsa and creamy avocado cilantro-lime dressing. The plant-based dish offers balanced nutrition, with the lentils, beans and quinoa providing protein, and the rice, veggies and salsa adding essential vitamins.



Recipe from chef  
Tom Driscoll of  
University of Oregon  
Serves 12



PHOTO COURTESY OF CALIFORNIA AVOCADO COMMISSION

## Ingredients

### MEDITERRANEAN SALSA

2 cups diced tomatoes  
1½ cups peeled, diced cucumber  
½ cup diced green bell pepper  
¾ cup diced red onion  
½ cup chopped fresh basil  
1 tbsp. capers  
1½ tsp. chopped parsley  
1½ tsp. lemon juice  
1 tsp. ground black pepper  
½ tsp. salt

### CREAMY AVOCADO CILANTRO-LIME DRESSING

4 cups cilantro leaves and stems, roughly chopped  
2 large avocados, pureed (2 cups)

2 cups water  
1 cup Greek yogurt  
2 tbsp. chopped garlic  
2 tbsp. lime juice  
2 tsp. kosher salt

### GRAIN BOWL

6 cups cooked grain and lentil medley  
18 cups cut-up kale, in 1-in. pieces  
4 cups cooked black beans  
4 cups Mediterranean salsa  
3 avocados, peeled, pitted and sliced  
1½ cups creamy avocado cilantro-lime dressing

## Steps

- 01** Prepare salsa: In large bowl, combine all ingredients. Let stand 1 hour. Refrigerate until ready to use.
- 02** Prepare dressing: In food processor or blender, combine all ingredients; process or blend until smooth. Cover and refrigerate.
- 03** Per order, place ½ cup grain mixture in bottom of each of 12 bowls. Arrange 1½ cups packed kale, ⅓ cup black beans, ⅓ cup Mediterranean salsa and avocado slices over grains. Top with 2 tablespoons creamy avocado cilantro-lime dressing.



# Chickpeas with Spiced Tomato Sauce, Carrot and Preserved Lemon Salad, and Poached Eggs



Recipe from chef  
Heather Sperling  
of Botanica

Serves 4

Bowls continue to be a popular way to menu plant-forward dishes. At Botanica in Los Angeles, chef-owner Heather Sperling offers a Moroccan-inspired bowl of chickpeas flavored with a spiced tomato sauce. A refreshing carrot and preserved lemon salad adds texture, color and temperature contrast. Poached eggs complete the presentation, increase the protein content and add richness when the yolk is stirred into the bowl.



PHOTO COURTESY OF AMERICAN EGG BOARD

## Ingredients

### SPICED TOMATO SAUCE

2 tbsp. olive oil  
½ small onion, finely chopped  
2 large garlic cloves, minced  
1 tbsp. garam masala  
1 can (16 oz.) high-quality tomatoes  
¼ cup fresh orange juice  
Salt to taste

### CARROT AND PRESERVED LEMON SALAD

2 tbsp. preserved lemon, chopped  
2 tbsp. fresh lemon juice  
½ tsp. Dijon mustard  
½ tsp. water  
¼ tsp. sugar  
Salt to taste  
½ cup olive oil  
3 carrots

### CHICKPEAS

½ lb. dry chickpeas, soaked overnight  
2 bay leaves  
½ small onion  
3 garlic cloves, peeled  
1 large piece kombu  
1 tsp. salt  
1 tbsp. olive oil

### BOWL COMPONENTS

½ cup cooked chickpeas (recipe at left)  
2 cups spiced tomato sauce (recipe at left)  
1 tbsp. dried currants  
4 tbsp. plain yogurt  
4 eggs, poached  
Carrot and preserved lemon salad (recipe at left)  
Sea salt, to taste

Steps on next page >

# Chickpeas with Spiced Tomato Sauce, Carrot and Preserved Lemon Salad, and Poached Eggs



*Recipe from chef  
Heather Sperling  
of Botanica*

**Serves 4**



## Steps

- 01** Prepare chickpeas: Place all ingredients in a large pot. Cover with enough water to bring the water level up to 2 to 3 inches above the beans. Bring to a boil; reduce heat to low. Partially cover and simmer until chickpeas are fully tender.
- 02** Let chickpeas cool in cooking liquid. When cool, drain chickpeas and discard the onion, garlic, bay leaves and kombu. Set aside.
- 03** Prepare spiced tomato sauce: In saucepan, warm olive oil over medium-low heat. Add onions and garlic; sweat until fully softened but not colored.
- 04** Stir in garam masala; increase heat to medium. Sauté 1 to 2 minutes until spices are toasted and fragrant.
- 05** Crush tomatoes by hand; add tomatoes and all their juices to saucepan. Stir well and simmer until tomato liquid reduces by half and flavors are fully combined. Remove from heat; stir in orange juice and season well with salt. Set aside.
- 06** Prepare carrot salad: In blender container, combine preserved lemons, lemon juice, mustard, water, sugar and a pinch of salt; blend until smooth. With the motor running, drizzle in olive oil until emulsified. Taste and adjust seasoning as needed.
- 07** Use a peeler to shave carrots into thin ribbons. Toss shaved carrots with preserved lemon dressing until evenly coated. Right before plating, toss with a handful of mint and cilantro leaves.
- 08** Complete bowls: Combine ½ lb. cooked chickpeas, 2 cups tomato sauce and currants in saucepan; bring to a simmer over medium-high heat. Once warmed, spoon chickpea mixture into four individual serving bowls. Place a tablespoon of yogurt in center of each and place a poached egg on top. Drape one-fourth of the carrot salad around each egg and season egg with sea salt. Serve immediately.

# Cuban Hipster Bowl

At fast casual American Harvest, the menu offers up modern interpretations of multiethnic dishes. This bowl reflects Miami's Cuban influence, featuring black beans, fried plantains, queso blanco and sofrito. Cooked farro rounds out the flavorful bowl with hearty grains.



*Recipe from  
American Harvest  
South Miami  
Serves 8*

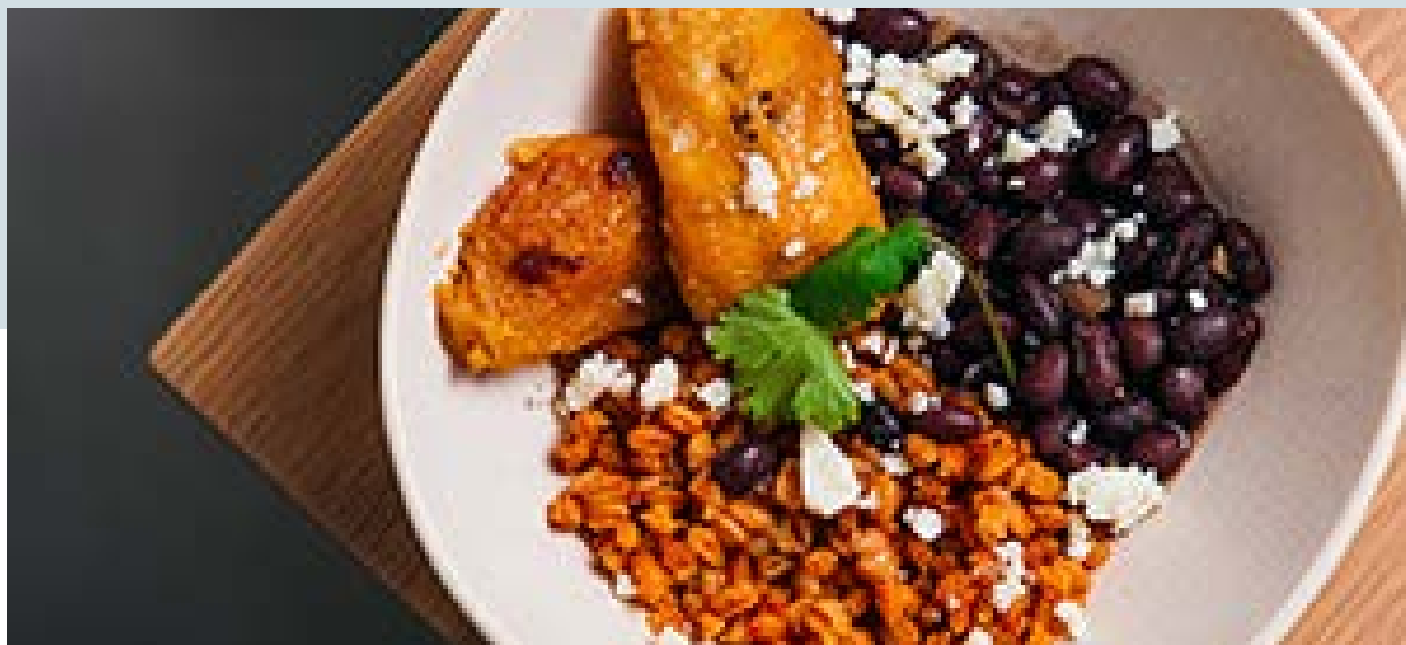


PHOTO COURTESY OF AMERICAN HARVEST SOUTH MIAMI

## Ingredients

### SOFRITO BLACK BEANS

4 cans (15 oz. each)  
black beans  
1 qt. sofrito

### GRAIN BOWL

6 oz. cooked farro  
4 oz. sofrito black beans  
½ oz. queso blanco,  
shredded  
1 plantain, peeled,  
halved and fried  
6 to 8 cilantro leaves  
1 lime wedge

## Steps

- 01** Drain 3 cans of beans, leaving last can undrained. Place a rondo on flattop grill to heat. Place black beans and liquid in rondo; stir in sofrito. Bring beans and sofrito to a boil.
- 02** Cook beans, stirring every 5 minutes until tender and flavors are absorbed.
- 03** Per serving, in individual shallow bowls, ladle a scoop of farro to one side. Add a scoop of beans on opposite side of bowl. Place fried plantains down center of bowl and sprinkle cheese over top. Garnish with cilantro and lime.

# Thai Basil Bowl

This plant-forward chicken and rice bowl is highlighted with a creamy Thai sauce made with coconut milk, yogurt, ginger, basil and cilantro. Chef Anne Klingler entered the recipe in the Neighborhood to Nation Contest, a recipe competition that recognizes smaller independent restaurants, and it was named a finalist.



Recipe from chef  
Anne Klingler  
of Outlanders  
Restaurant  
Serves 12



PHOTO COURTESY OF GENERAL MILLS

## Ingredients

- |                                      |                                     |
|--------------------------------------|-------------------------------------|
| 3½ cups coconut milk                 | 8 cups cubed roasted chicken breast |
| 1½ cups loosely packed basil leaves  | 12 oz. spring lettuce mix           |
| ¾ cup loosely packed cilantro leaves | 24 thin cucumber slices             |
| 2 tbsp. sugar                        | 24 cherry tomatoes                  |
| 2 tbsp. molasses                     | 3 cups thinly sliced red onions     |
| 2 tbsp. finely chopped garlic        | 3 cups frozen peas                  |
| 2 tbsp. grated fresh ginger          | 3 cups spiral-cut peeled carrots    |
| 2 tbsp. Sriracha                     | 24 fresh basil leaves               |
| 1 tbsp. ground black pepper          | 4 limes, cut into wedges            |
| 2 tsp. ground coriander              |                                     |
| 1 tsp. kosher salt                   |                                     |
| 4 cups plain whole milk yogurt       |                                     |
| 12 cups steamed white rice           |                                     |

## Steps

- 01** In blender container, combine coconut milk, basil, cilantro, sugar, molasses, garlic, ginger, Sriracha, pepper, coriander and salt. Cover and blend until basil and cilantro are finely chopped; transfer to medium bowl. Whisk in yogurt until well-blended; refrigerate until ready to serve.
- 02** Per serving, scoop 3 ounces yogurt sauce and 3 ounces chicken into microwave-safe bowl; microwave 1 minute until hot. In separate bowl, microwave 5 ounces cooked rice about 1 minute until hot.
- 03** In shallow bowl, arrange hot chicken mixture and hot rice, adding 1 cup lettuce mix in center. Top lettuce with 2 cucumber slices, 2 tomatoes and ¼ cup each red onion, peas and carrot spirals. Garnish with 2 basil leaves and 2 lime wedges. Serve additional yogurt sauce on the side.

# Chimichurri Ancient Grain Bowl

Pearl barley, wheat berries, millet and wild rice combine in the ancient grain pilaf that forms the base of this bowl. Chef Ivy Stark layers on Southwestern flavors with ingredients including grilled avocado-corn relish, roasted poblanos and chimichurri-sauced skirt steak.



Recipe from chef  
Ivy Stark of  
Dos Caminos  
Mexican Restaurant  
Serves 4



PHOTO COURTESY OF CALIFORNIA AVOCADO COMMISSION

## Ingredients

4 portions skirt steak  
(4 oz. each)  
6 oz. chimichurri sauce  
Diced avocado and  
sunflower seeds, for  
garnish

### ANCIENT GRAIN PILAF

1 tbsp. unsalted butter  
1 tbsp. vegetable oil  
1 garlic clove, minced  
1 small onion, finely  
chopped  
4 cremini mushrooms,  
thinly sliced  
1 cup pearl barley  
½ cup wheat berries  
½ cup wild rice  
¼ cup millet  
3 cups chicken stock  
2 tbsp. chopped fresh  
herbs  
Extra-virgin olive oil,  
as needed  
Salt and pepper, to taste

### GRILLED AVOCADO- CORN RELISH

¾ cup olive oil, divided  
2 cups fresh corn kernels  
½ tsp. sea salt  
Black pepper, to taste  
1 ripe avocado, peeled,  
seeded and sliced  
1 large red bell pepper,  
cored and seeded  
2 poblano chiles,  
roasted, peeled and  
seeded  
2 green onions, sliced  
diagonally  
¼ cup red wine vinegar

### BEAN MEDLEY

2 cans (15 oz. each)  
black beans, drained  
and rinsed  
1 red onion, diced  
2 cups yellow corn,  
roasted  
½ cup cilantro leaves  
¼ cup olive oil  
¼ cup lemon juice  
¼ cup red wine vinegar  
Sea salt and pepper, to  
taste

Steps next page >

# Chimichurri Ancient Grain Bowl



Recipe from chef  
Ivy Stark of  
Dos Caminos  
Mexican Restaurant  
Serves 4



## Steps

- 01** Marinate skirt steak in chimichurri sauce at least 1 hour or overnight.
- 02** Meanwhile, prepare ancient grain pilaf: Preheat oven to 350 F. In large ovenproof pot with tightfitting lid, melt butter over low heat. Add oil, garlic and onion; cook until onions are softened and translucent, 5 to 10 minutes. Increase heat to medium-high and add mushrooms; cook about 5 minutes until soft.
- 03** Add barley, wheat berries, wild rice and millet; stir well to coat with oil. Cook, stirring often, 10 to 15 minutes. Stir in stock and bring to a boil. Cover pot and place in oven. Bake 30 minutes.
- 04** Remove lid and cook a little longer to soften grains, if needed. Fold in chopped herbs. Drizzle with olive oil and season with salt and pepper; keep warm.
- 05** Prepare grilled avocado-corn relish. Heat 1/4 cup olive oil in large skillet over medium heat. Add corn, salt and pepper; saute until corn is heated through and tender, about 5 minutes. Transfer to large mixing bowl and set aside to cool.
- 06** Preheat grill. Brush avocado slices with oil; grill 30 seconds on each side on hot grill. Dice avocados, bell pepper and poblanos into small pieces. Add to sautéed corn along with green onions; stir in vinegar and remaining olive oil. Mix well and let stand 20 to 30 minutes to blend flavors; set aside.
- 07** For bean medley, combine beans, red onion, corn, cilantro, olive oil, lemon juice and vinegar; add salt and pepper to taste.
- 08** Divide ancient grain pilaf into four bowls. Divide bean mixture on top. Remove skirt steaks from marinade and grill to desired doneness.
- 09** To serve, slice steak on bias and add one portion to each bowl. Divide avocado corn relish evenly on top. Garnish with additional diced avocado and sunflower seeds.