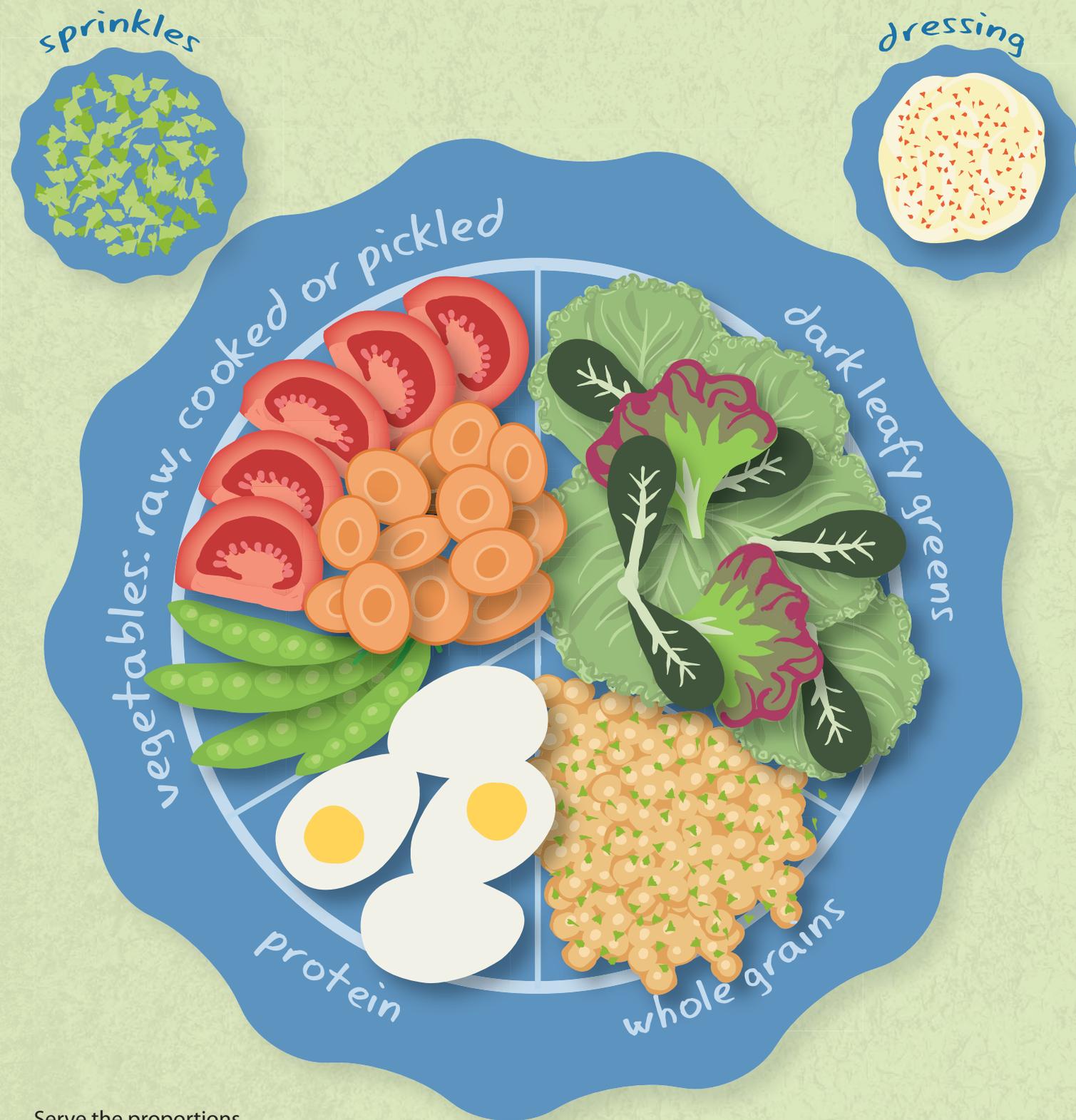


HARVEST BOWL

Delicious one-dish meals from the garden and larder: a nutty grain, a handful of greens, colorful vegetables and protein of choice topped with a rich, flavorful dressing.



low carbon



Serve the proportions shown at room-temperature in a wide bowl or on a plate. This fast meal is easy to assemble, planet-friendly, and will deliciously fuel both body and soul.

This is a fantastic way to serve leftovers or food you've precooked or prepped and stored in the fridge.

Top with a savory dressing and add a tasty sprinkle: crispy bread crumbs, toasted nuts or seeds, bacon, minced herbs. More suggestions on reverse.

VEGETABLES

To prepare crisp, hard, or strongly flavored vegetables, chop small, slice thinly, or grate coarsely. Cooked vegetables can be steamed, grilled, roasted, or leftover.

radishes	celery
carrots	celeriac
cabbage	string beans
bell peppers	winter squash
tomatoes	mushrooms
onions	sweet corn
asparagus	bell peppers
cucumbers	asparagus
sweet corn	waxy potatoes
fennel	beets
peas	greens

WHOLE GRAINS

brown rice
barley
farro
whole grain pasta
quinoa
millet
bulgar wheat



PROTEIN

eggs: hard or soft boiled,
poached or fried
cooked, cured or
smoked meat or fish
beans
lentils
tofu
seitan
tempe
cheese



SPRINKLES

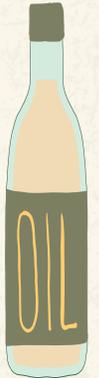
crumbled bacon
sprouts
microgreens
crumbled or grated
cheese
pickles
popcorn
nuts
sesame seeds
sunflower seeds
tender herbs

SIMPLE DRESSING

Drizzle with oil and salt to taste.

A delicious sauce or dressing can be as simple as that. Vary the flavor with different oils: olive, sunflower, vegetable. Get fancier - it's easy to mix ingredients, usually 3/4 oil + 1/4 something sour, shaken in a jar with one or more of the following. Make extra, keep it chilled!

vinegar
citrus juice
pickle or kimchi juice
minced tender herbs
minced garlic or onions
toasted sesame oil
vegetable juice or puree
tahini or nut butter
mustard
mayo
cream
coconut milk
yogurt
spices

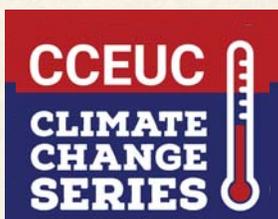


THRIVING

Climate scientists and nutritionists agree - the Standard American Diet, mainly meat and processed food heavy with saturated fat, sugar and refined carbohydrates, is a disaster both environmentally and physically. Transitioning to a plant-rich diet with more whole and locally grown food is not only much easier on the planet's resources, it is healthier for us, too.

Supporting local farmers, home cooking and breaking bread with family, at potlucks and at block parties builds relationships. Dining with others is not only deeply enjoyable, it fosters community bonds that can be crucial during unexpected environmental events.

MY NOTES



Help us write *Turning the Tables: Cooking to Thrive in the 21st Century*, a cookbook with **easy, delicious, earth-friendly meals!** Try this recipe and send us feedback and photos. If we use your contributions in the final cookbook, we'll send you a complimentary copy including a personal thank you! *Turning the Tables* is a project of Cornell Cooperative Extension Ulster County, Maria Reidelbach and Stick to Local Studio.

More information and recipes at ulster.cce.cornell.edu

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