**INSTRUCTIONS**

**Prep:**
1. Cook rice and/or quinoa according to package instructions.
2. Rinse cucumber, tomatoes and greens under running water.
3. Chop tomatoes (or halve cherry tomatoes) and cucumbers.
4. Chop greens into preferred bite-size pieces.
5. Drain and rinse corn if using canned.
6. Drain and rinse beans.

**Bowl:**
(You can choose to layer or mix your ingredients as you add them)
1. Add rice and/or quinoa to the base of your bowl.
2. Add your greens, then add your beans, corn, tomatoes, and cucumbers.
3. Add cheese.
4. Squeeze lemon/lime juice all over your ingredients in the bowl.
5. Top with seeds, sliced/cubed avocado, and a dollop each of hummus and sour cream/Greek yogurt.

**TOTAL TIME: 20 MINUTES**
**PREP TIME: 15 MINUTES**
**SERVINGS: 1**

**INGREDIENTS**
- 1 cup cooked brown rice or quinoa (or a mixture of both)
- ½ cup cooked quinoa
- ¼ cup chopped cucumbers
- ¼ cup chopped tomatoes (or 1 cup halved cherry tomatoes)
- 1 cup greens (spinach, baby kale, arugula, lettuce)
- ¼ cup corn (canned or frozen)
- ¼ beans (try kidney, black, or garbanzo beans)
- ½ cup cheese (feta, queso fresco, shredded)
- Juice of 1 lemon or lime (1-3 Tbsp)
- 1 avocado, sliced or cubed
- Pumpkin seeds or sunflower seeds
- 1 dollop of hummus
- 1 dollop plain Greek yogurt or sour cream

**NOTES:** Get creative with different grains (try farro or barley) and whatever fresh, frozen or canned veggies you have on hand. Mix it up with different dressings/sauces, or add fun flavor with fresh or dried fruits.