Delicious, fun, and filling, grain bowls might just be the ultimate solution to lunch (or dinner!) fatigue. With an infinite universe of grain bowl recipes out there, there's always a way to keep your game feeling fresh and exciting. Here's how to make a grain bowl at home. In just a few steps, you can have a great meal ready to go!  
  
Step 1: All About That Base  
  
  
  
Naturally, your grain bowl recipe should feature (drum roll, please) a grain! Grains make an excellent base because they're great at soaking up flavors while also adding some hearty nutrients to your meal.  
  
Rice is a classic choice, whether you're using Birds Eye® Whole Grain Brown Rice or Birds Eye Long Grain White Rice. Quinoa, couscous, farro, and bulgur are also delicious grains, each with its own unique texture. Feel free to play around and find your fave. If you’re steering clear of carbs for any reason, you can still mimic the grain bowl experience with a grain substitute like Birds Eye Steamfresh® Veggie Made™ Original Riced Cauliflower.  
  
Step 2: Protein That Packs a Punch  
  
  
  
Protein has the power to add real dimension to your grain bowl recipe and helps fill you up! Fish, chicken, beef, and pork all add their own flair, whether you're enjoying the springy flavors in our Fish Taco Grain Bowls or a sweet and spicy Korean-inspired Turkey Bibimbap Bowl. Try marinating or grilling your meats for some extra flavor or use one of our convenient and delicious options like Banquet® Buffalo Chicken Strips for something quicker.  
  
Not a meat eater? We’re full of meatless grain bowl recipe ideas! Plant-based proteins absolutely shine in grain bowls—this Cauliflower Rice and Chick’n Burrito Bowl made with Gardein® Seven Grain Crispy Tenders is proof! Or, of course, you can always add beans, chickpeas, or extra protein-packed vegetables, like Birds Eye OvenRoasters™ Sheet Pan Vegetables Broccoli & Cauliflower.  
  
Psst: Eggs are another great way to add a punch of protein. Sunnyside-up, poached, or even soft-boiled eggs all give grain bowls an extra level of wow.  
  
Step 3: Veggies, Veggies, Veggies  
  
  
  
There are endless combinations of vegetables to rocket power your grain bowl ideas. Mix and match both texture and flavor and see what happens!  
  
The sky’s the limit—how about grape tomatoes, roasted red peppers, or some fresh sprouts? Birds Eye Sugar Snap Peas and Birds Eye Edamame in the Pod both stand amazingly on their own and fit in well with Asian flavors. Leafy greens like kale can make a tasty contrast and are great for soaking up sauces… go fresh or grab a bag of Birds Eye veggies for whatever is not in season. There’s no such thing as too many veggies here, so go wild!  
  
Step 4: Sauces and More  
  
  
  
There are so many different directions you can go with flavor in your grain bowl ideas, and sauce can truly make the magic happen. Tap into signature Asian flavors with P.F. Chang's® Home Menu Sauces, like a drizzle of flavorful Mongolian Style BBQ Sauce on a Mongolian Steak Edamame Rice Bowl. Sweet, sour, or spicy, your choice of sauce can seriously ignite your taste buds.  
  
Finally, there are tons of extra little touches you can add to your grain bowl recipe. Sprinkle on some nuts, seeds, dried fruit, or cheese for that final zing, or slice an avocado for a little extra creaminess.  
  
A Grain Bowl for Every Craving  
  
  
  
Half the fun of learning how to make a grain bowl is experimenting! From spicy Latin flavors to Asian-inspired combinations and even sweet treats, there’s something for everyone. Check out a few of our favorite recipes:  
  
Mexican Street Corn Elote Bowl  
 Protein-Packed Vegetable Quinoa Bowl with Spicy Peanut Sauce  
 Chicken and Wild Rice Harvest Bowl  
 Oatmeal Power Bowl with Peanut Butter Drizzle  
 Steak and Asparagus Quinoa Bowl  
Whatever you're hungry for, a grain bowl recipe can dazzle your taste buds and become an instant bright spot in your day. Once you've learned how to make a grain bowl, you might just become obsessed. Try it out for yourself!