



healthy **habits**

EATING WELL ON A BUDGET

Grain Bowl 4 Ways:

Asian-Inspired

Approximate cost of the recipe: \$4.89 (4 Servings)

Ingredients:



1



Tbsp

1



1



1 Cup



1/4 Cup



Tbsp

1



tsp

2

Tools Needed:



Directions:

1



2



3



4



5



6

