



THE ULTIMATE BOWL COLLECTION

8 FRESH, FLAVOR-PACKED RECIPES FOR
EASY WEEKNIGHTS & SMART MEAL PREP





THE ULTIMATE BOWL COLLECTION

Welcome to your go-to guide for fresh, satisfying meals—served one bowl at a time.

The Ultimate Bowl Collection brings together eight flavor-packed bowl recipes designed for real life: busy weeknights, make-ahead lunches, and those moments when you want something comforting and nourishing without spending hours in the kitchen. Each recipe is built around bold flavors, smart shortcuts, and simple techniques that make home cooking feel doable and enjoyable.

Inside, you'll find bowls that are cozy, crave-worthy, fresh, and versatile—from globally inspired favorites to modern comfort classics. Many of these recipes are perfect for meal prep, easy to customize, and ideal for using leftovers or pantry staples, so you can cook once and eat well all week long.

Whether you're looking to break out of a dinner rut, cut back on takeout, or add more produce-forward meals to your routine, these bowls are meant to meet you where you are—no perfection required. Grab a fork, build your bowl, and enjoy food that's big on flavor, balanced in spirit, and made to fit your everyday life!



FIESTA BOWL

This Fiesta Bowl delivers bold, fresh flavors in a simple, no-fuss recipe that comes together quickly for an easy weeknight win. It's perfect for meal prep—colorful, satisfying, and just as delicious reheated for lunches throughout the week.



PREP TIME
10 MIN



COOK TIME
30 MIN



SERVINGS
4 BOWLS

RECIPE BY



Ingredients

For the Bowl:

- ½ red onion sliced
- 2 bell peppers, sliced
- 2 portobello mushroom caps, sliced
- 2 tablespoons olive oil
- 1 ½ tablespoons taco seasoning
- 2 cups cooked brown rice
- 1 cup fresh or frozen corn (thawed)
- 1 (15oz) can seasoned black beans

For the Chimichurri:

- ⅓ cup olive oil
- 2 tablespoons white wine vinegar
- 1 garlic clove, minced
- ½ teaspoon sea salt
- ¼ teaspoon dried oregano
- ¼ teaspoon red pepper flakes
- ½ cup finely chopped fresh flat-leaf parsley
- 1 cup thinly sliced Dandy® celery

Instructions

1. Preheat the oven to 400 degrees Fahrenheit. Add the red onion, bell pepper, and portobello mushrooms to a large mixing bowl with the olive oil and taco seasoning. Toss gently to coat then spread into a single layer on a rimmed baking sheet. Bake for 20-25 minutes or until softened.
2. While the veggies are cooking, whisk together the olive oil, white wine vinegar, garlic, salt, oregano, red pepper flakes, and parsley together in a bowl. Stir in the celery to coat in the chimichurri.
3. To assemble the bowls, add the rice then top with the roasted veggies, corn, black beans, and chimichurri.



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EGG ROLL IN A BOWL

This Chicken Egg Roll in a Bowl delivers all the savory, takeout-style flavor you crave in a fast, one-pan meal that's ready in just 15 minutes. Light yet satisfying and easy to customize for low-carb eating, it's a perfect solution for busy weeknights or effortless meal prep that doesn't sacrifice taste.



PREP TIME
5 MIN



COOK TIME
10 MIN



SERVINGS
2 BOWL

RECIPE BY



Ingredients

- 1 cup shredded chicken
- 1 cup chopped Dandy® celery, leave some for garnish
- 1 cup cooked rice
- 2 teaspoons grated fresh ginger
- 2 cloves of garlic, minced
- 1/2 cup shredded red cabbage
- 3 tablespoons soy sauce
- 1 teaspoon sesame oil
- Sesame seeds for garnish

Instructions

Step 1: Build the flavor base.

First, in a large 10-inch skillet or wok over medium heat, combine the shredded chicken, chopped celery, cooked rice (if using), grated ginger, minced garlic, and shredded red cabbage.

Then, stir frequently for about 5-7 minutes. You want the vegetables to be slightly tender but still maintain a great, fresh crunch.

Step 2: Sauce and finish.

Next, pour in the 3 tablespoons of soy sauce and 1 teaspoon of sesame oil. Stir everything quickly and thoroughly for about 1 minute more. This allows the flavors to meld and the sauce to lightly coat all the ingredients.

Step 3: Serve and garnish.

Transfer the hot mixture immediately into serving bowls. Finally, garnish generously with a sprinkle of sesame seeds and the reserved chopped celery for extra freshness. Enjoy!



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GREEK-INSPIRED POWER BOWL

This Greek-Inspired Power Bowl is fresh, tangy, and energizing, with a bright Mediterranean flavor profile that feels light yet filling. It's designed for easy assembly and smart meal prep, making it a go-to option when you want something nutritious, crave-worthy, and ready to enjoy all week without getting boring.



PREP TIME
20 MIN



COOK TIME
15 MIN



SERVINGS
2 BOWLS

RECIPE BY **ANASTASIIA DE LA CRUZ**

Ingredients

For the Bowl (per 2 servings):

- 1⅓ cups cooked quinoa (gluten-free whole grain)
- 2 large grilled chicken breasts (~6 oz each), sliced (or 1 can chickpeas for vegetarian option, but lowers protein)
- 2 cups mixed greens (arugula + spinach is a nutrient-rich combo)
- ½ cup hummus (choose low-oil or homemade if watching fats)
- ¼ cup Kalamata olives, halved
- 1 tbsp extra virgin olive oil, for drizzling
- Fresh herbs (dill + parsley), for garnish

For the Celery Tzatziki:

- 1 cup plain, full-fat Greek yogurt
- ½ cup finely chopped Dandy® celery
- 1 tbsp extra virgin olive oil
- 1 tbsp fresh lemon juice
- 1 small garlic clove, finely grated
- 2 tbsp chopped walnuts (optional, great for texture and omega-3s)
- Salt & pepper, to taste

Instructions

1. Make the Celery Tzatziki: Mix yogurt, celery, olive oil, lemon juice, garlic, walnuts, salt, and pepper. Stir well. Chill while prepping the bowls for best flavor.
2. Assemble the Bowl: In two bowls, layer the greens and cooked quinoa evenly. Top with sliced grilled chicken.
3. Add the Goods: Spoon ¼ cup hummus on the side. Add olives, a big spoonful of tzatziki (2-3 tbsp), and drizzle with olive oil.
4. Finish: Sprinkle with fresh herbs and serve!



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CHICKEN PEANUT SAUCE RICE BOWL

This Fresh Chicken Peanut Sauce Rice Bowl is a crave-worthy balance of creamy, tangy, and fresh, combining warm peanut-coated chicken with crisp vegetables for a meal that feels both comforting and vibrant. Ready in under 30 minutes and perfect for using leftover chicken, it's an ideal make-ahead bowl that delivers big flavor and satisfying crunch all week long.



PREP TIME
7 MIN



COOK TIME
5 MIN



SERVINGS
2 BOWLS

RECIPE BY



Ingredients

For the Creamy Peanut Sauce

- 1 1/2 tablespoons soy sauce
- 1 tablespoon freshly squeezed lime juice (from 1/2 lime)
- 2 teaspoons rice vinegar
- 1 teaspoon honey
- 1/4 cup creamy peanut butter (preferably regular, non-natural style)
- 1 tablespoon toasted sesame oil

For the Bowl

- 1 cup cooked rice (brown rice or jasmine rice recommended)
- 1 cup shredded chicken (rotisserie chicken works great)
- 1 tablespoon olive oil
- 1/2 teaspoon freshly ground black pepper
- 1 cup Dandy® celery, julienned (cut into thin matchsticks)
- 1 cup shredded carrot
- 1/2 medium English cucumber, thinly sliced
- 1/4 cup unsalted roasted peanuts, coarsely chopped
- Lime wedges, for serving

Instructions

Step 1: Prepare the peanut sauce.

In a small bowl, add the soy sauce, lime juice, rice vinegar, and honey. Whisk together to combine. Then, add the peanut butter and sesame oil. Whisk vigorously until the sauce is completely smooth and creamy. Set aside.

Step 2: Warm and coat the chicken.

Heat the olive oil in a nonstick 12-inch skillet over medium-high heat until simmering. Add the shredded chicken and about 3 tablespoons of the prepared peanut sauce. Stir constantly to coat the chicken and let it heat through for about 3 minutes. Remove from heat and set aside.

Step 3: Assemble the rice bowl.

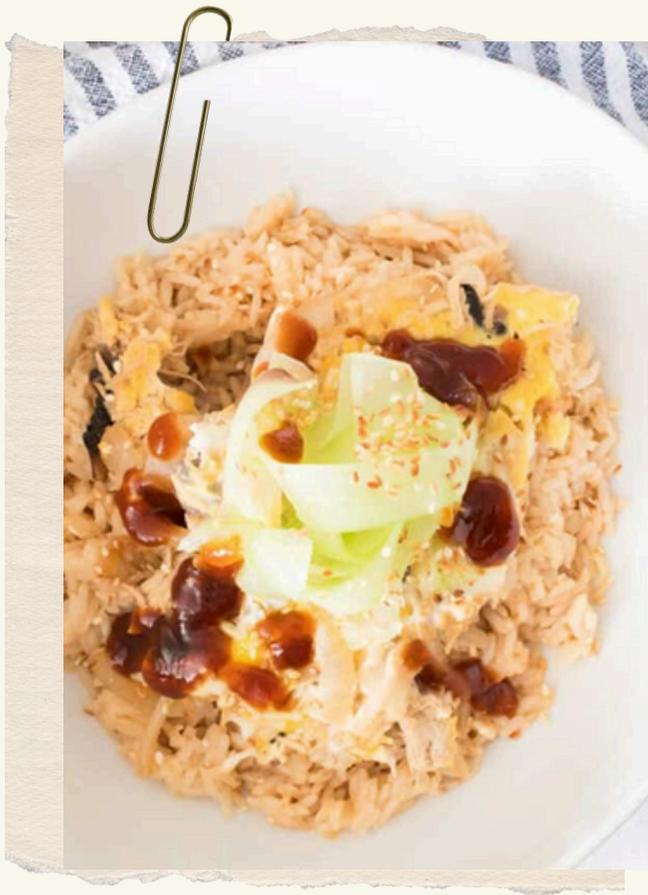
1. Rice Base: Add the cooked rice to the bottom of a deep serving bowl.
2. Protein: Top the rice with the warm chicken covered in peanut sauce.
3. Veggies & Crunch: Arrange the cold vegetables: Dandy® celery, carrot, and cucumber around the chicken.
4. Finish: Top the bowl with the peanuts.

Step 4: Serve.

Drizzle the remaining peanut sauce over the entire bowl. Serve immediately with extra lime wedges on the side to squeeze over the bowl before eating.



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JAPANESE OYAKODON: CHICKEN AND MUSHROOM BOWL

This Japanese Oyakodon-inspired Chicken and Mushroom Bowl is a cozy, comforting meal that delivers savory-sweet flavor with minimal effort, making it perfect for busy weeknights or relaxed meal prep. Tender chicken and mushrooms simmer in a light soy-based sauce, topped with softly set eggs and finished with fresh, crunchy shaved celery for a balanced bowl that feels both nourishing and satisfying.



PREP TIME
5 MIN



COOK TIME
15 MIN



SERVINGS
4 BOWLS

RECIPE BY



Ingredients

Main Components

- 4 cups cooked rice
- 2 teaspoons avocado oil (or canola/vegetable oil)
- 1/2 white onion, thinly sliced
- 1 cup white mushrooms, sliced
- 1 cup shredded chicken (rotisserie chicken works great)
- 4 eggs, lightly beaten
- 1 cup Dandy® celery, shaved

Sauce & Garnish

- 1 tablespoon soy sauce
- 1 tablespoon rice vinegar
- 1 teaspoon brown sugar
- 1/2 cup chicken stock
- 1 teaspoon sesame seeds, toasted
- Tonkatsu sauce, optional, to serve

Instructions

Step 1: Saute the aromatic.

Heat the avocado oil in a deep-frying pan or wok over medium heat. Add the onion and mushrooms and cook for 5 minutes, until they are soft and lightly golden.

Step 2: Combine chicken & sauce.

Add the shredded chicken to the pan and cook for 3-4 minutes while stirring. In a separate small bowl, combine the soy sauce, rice vinegar, brown sugar, and chicken stock. Stir to mix well. Pour 1/3 cup of this soy mixture into the pan with the chicken and vegetables. Stir to combine and bring to a simmer.

Step 3: Cook the Omelet.

Pour the lightly beaten eggs evenly over the simmering chicken and vegetable mixture. Do not stir. Cover the pan and cook for about 2 minutes, or until the eggs are just lightly set and the yolks are slightly runny in the center (adjust cook time based on your preference).

Step 4: Assemble & serve.

Add the rice and the remaining soy mixture to a deep serving bowl. Carefully cut the chicken and egg mixture into large pieces (about 2-4 pieces) and place them on top of the rice. Top with the shaved celery and sprinkle with sesame seeds. Drizzle with Tonkatsu sauce, if desired, and serve immediately.



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FALL HARVEST BOWL

This Fall Harvest Bowl channels classic Sweetgreen vibes with a seasonal twist—offering cozy autumn flavors and hearty textures that feel both wholesome and indulgent. It's designed for easy assembly and makes weeklong meal prep effortless, so you can enjoy fresh, satisfying bowls that stay delicious day after day.



RECIPE BY



Instructions

1. Preheat the oven to 400F.
2. Place Brussels sprouts and sweet potatoes in a bowl. Drizzle with the olive oil, sprinkle with rosemary, thyme, salt and pepper to taste and toss. Spread on a baking sheet and bake for 25–35 minutes or until browned.
3. While the veggies are roasting in the oven, make the wild rice according to package directions. I usually use 1 package for 4 bowls.
4. Make the dressing by adding all the ingredients to a jar and shaking to combine.
5. In shallow bowls divide the kale, wild rice blend, sweet potatoes and Brussels sprouts, chickpeas, apples, celery, almonds and feta. Drizzle with dressing and serve

Ingredients

Harvest Bowls

- 3 tablespoons olive oil
- 1 lb. sweet potato (2 medium), chopped into 1/2-inch cubes
- 1/2 lb. Brussels sprouts, halved (quartered if large)
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried thyme
- Dash sea salt & black pepper
- 1 cup cooked wild rice blend
- 5 cups shredded curly kale
- 2 medium apples, cored and chopped
- 3 stalks celery, chopped
- 2/3 cup slivered toasted almonds
- 2/3 cup crumbled dairy-free feta
- 1 (15 oz) can chickpeas, drained and rinsed

Balsamic Vinaigrette

- 1/3 cup olive oil
- 1/4 cup balsamic vinegar
- 2 teaspoons dijon mustard
- 1 teaspoon maple syrup
- Salt and ground pepper, to taste



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CAJUN SAUSAGE RICE BOWL

This Cajun Sausage Rice Bowls recipe turns bold Southern-inspired spices and savory sausage into a satisfying one-pot meal that's ready in about 40 minutes, perfect for bringing big flavor to weeknight dinners without a ton of fuss. Its hearty, spiced rice base and easy simmer-and-serve prep also make it a great choice for meal prepping lunches or quick reheats that stay delicious throughout the week.



RECIPE BY **CASA de CREWS**
REAL FOOD RECIPES MADE SIMPLE

Instructions

Cajun Sausage Rice Bowls

1. To a large skillet or soup pot, melt butter or oil over medium-high heat. Saute sausage, flipping occasionally, until the edges are golden and caramelize. About 5ish minutes. Transfer sausage to a plate and keep the rendered fat in the skillet.
2. Add the onion, bell pepper, and celery to the skillet. Saute until the veggies are soft, 3-4 minutes.
3. Stir in garlic, smoked paprika, Cajun seasoning, and thyme. Cook 30-60 seconds until fragrant.
4. Add diced tomatoes and stir to coat in the spices.
5. Pour in the rice and chicken broth, scraping up any browned bits on the bottom of the pan.
6. Stir the andouille back into the skillet so it cooks with the rice and flavors the broth.
7. Bring the mixture to a gentle boil, then reduce the heat to low. Cover and simmer for 18-20 minutes, or until the rice is tender and the liquid has absorbed.
8. Fluff the rice with a fork. Serve with a drizzle of Greek Yogurt Cajun Sauce, if using.

Greek Yogurt Cajun Sauce

1. To a bowl or jar, whisk to combine all ingredients together until the sauce has no lumps.

Ingredients

For the Bowls

- 12 oz andouille sausage, sliced into coins (rounds)
- 1 tbsp olive oil or butter
- ½ yellow onion, diced
- 1 bell pepper, diced
- 2 ribs Dandy® Celery, diced
- 3-4 cloves garlic, minced
- 1 tsp salt and pepper
- 1 tsp smoked paprika
- 1 ½ tsp Cajun seasoning, homemade or store-bought
- 1 (14.5 oz) can diced tomatoes, drained
- 1 ½ cups long-grain white rice (rinsed)
- 2 ½ cups chicken broth, unsalted

Greek Yogurt Cajun Sauce

- ½ cup Greek yogurt
- ½-1 tsp Cajun seasoning
- 1 tsp lemon juice
- Pinch garlic powder and salt

BUFFALO CHICKEN MASHED POTATO BOWL

This Buffalo Chicken Mashed Potato Bowl turns classic comfort fare into a bold, spicy meal that's as satisfying as it is easy to prepare – perfect for cozy dinners or game-day gatherings. With components you can cook ahead (like buffalo-style chicken and creamy mashed potatoes), it's a great choice for batch cooking and quick reheats throughout the week.



RECIPE BY **CASA de CREWS**
REAL FOOD RECIPES MADE SIMPLE

Ingredients

Buffalo Shredded Chicken

- 1/3 cup cayenne hot sauce (such as Frank's or Crystal)
- 1 tbsp unsalted butter, melted
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 cups shredded chicken – such as rotisserie chicken (about 1lb)

Celery Slaw

- 1 1/2 cups Dandy® Celery, sliced on a bias – about 4 ribs celery
- 1/4 cup mayonnaise
- 1/4 cup greek yogurt or sour cream
- 1/2 tbsp each fresh parsley, dill and chives, finely chopped
- Juice from 1/2 fresh lemon – or a generous splash of apple cider vinegar
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp salt
- 1/2 tsp pepper

Mashed Potato Bowls

- 2 cups mashed potatoes (your favorite homemade recipe or store bought for ease!)
- Celery Slaw
- 2 cups Buffalo Shredded Chicken
- 1/2 cup blue cheese crumbles

Instructions

Shredded Buffalo Chicken

To a bowl, mix hot sauce, melted butter and dried spices. Whisk to combine. Fold in shredded chicken until coated in hot sauce mixture.

Celery Slaw

To a bowl, add mayo, Greek yogurt, fresh herbs and lemon juice. Whisk to combine. Fold in sliced celery until fully coated in dressing.

Mashed Potato Bowls

Layer each bowl with about 1/2 cup mashed potatoes, followed by 4-ounces of shredded buffalo chicken. Top with a generous scoop of celery slaw. Garnish with 2 tbsp of crumbled blue cheese and serve.



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