



URBAN MINISTRY INC.

Watermelon Poke Bowl

SERVES
4 AS A MEAL

YUM! Makes a great presentation.

INGREDIENTS

- 2 cups jasmine or basmati rice, already cooked
- 2 cups chopped greens:
 - 1 ½ cup savoy cabbage OR romaine, shredded
 - ½ cup red cabbage, shredded
- 4 cups seeded watermelon, diced
- 2 sm pickling cucumbers
- 1 avocado
- 1 lime
- 5 oz chopped scallions
- 1 cup green peas, frozen
- ½ cup cashews
- ¼ cup fresh basil ribbons, julienne
- ¼ cup pickled red onions (red onions, sea salt, & lemon juice)
- 1 jalepeño, sliced into thin rings

Sweet & Sour Dressing
Black Pepper and/or Dulce
Flakes to taste

Description

1. Grab 4 of your favorite bowls and divide ingredients evenly layering the greens on one side, then lay the cucumbers around the rim on top of the red cabbage.
2. Place the watermelon on top of the green colored greens.
3. Mix ½ cup of the frozen peas and 4 oz scallions together with the rice and scoop ½ cup of the rice in the center of each bowl.
4. Put 1 oz (2 tbsp) of green peas next to the watermelon.
5. Slice avocado and squeeze your lime over it so it will remain green and put ¼ in each bowl.
6. Drizzle dressing over all ingredients in the bowl.
7. Sprinkle:
 - ½ tbsp scallions on each bowl
 - 2 tbsp of cashews
 - 2-3 jalapeno rings in the center on top of the rice
 - 1 tbsp fresh basil ribbons on top of the watermelon
8. Finish with fresh cracked black pepper all over the salad.



We cover what matters.



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Sweet and Sour Dressing

MAKES

ABOUT 4 CUPS OF DRESSING

YUM! Tastes great on our Watermelon Poke Bowl

INGREDIENTS

- 1 cup grapeseed oil
- 1 cup coconut aminos
- ¼ cup toasted sesame oil
- ¾ cup white vinegar
- 1 cup agave (maple or honey)
- 1 tbsp chickpea miso
- ½ tsp garlic powder
- ¼ tsp sea salt
- ¼ tsp black pepper

Description

1. Combine all ingredients in a high-powered blender for 90 seconds until emulsified.



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