# Holiday Leftovers Grain Bowl

Roast turkey, cozy vegetables and grains with a generous scoop of Green Deelightz hummus.

| SERVES | TIME | PROTEIN |
|---|---|---|
| 1 | 15 min | ~31 g |



## YOU WILL NEED

- 1/2 cup cooked farro or brown rice
- 3 oz leftover roast turkey, sliced
- 1 cup leftover roasted vegetables
- 1/4 cup Green Deelightz hummus
- 1 cup arugula or mixed greens
- Lemon juice, olive oil and pepper
- Optional: pesto or pumpkin seeds

## HOW TO MAKE IT

01 Warm the cooked grains and roasted vegetables. If serving turkey warm, reheat it to 165°F.

02 Spoon grains into a bowl. Top with greens, vegetables and the turkey.

03 Add a generous scoop of hummus. Finish with lemon juice, a little olive oil and pepper.

04 Optional: add a drizzle of pesto or a few toasted pumpkin seeds for crunch.

## THE ~31 g PROTEIN BUILD

Estimated for one bowl

| | |
|---|---|
| Roast turkey, 3 oz | ~22 g |
| Farro, cooked 1/2 cup | ~3 g |
| Hummus, 1/4 cup | ~4 g |
| Vegetables + greens | ~2 g |
| **TOTAL ESTIMATE** | **~31 g** |

Use properly refrigerated leftovers within 3-4 days. Reheat cooked leftovers to 165°F when serving warm.