

Cain's Corner

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Nutrition Tips from USAPEEC's
Registered Dietician



spring roll bowl

For a non-traditional Easter weekend dish, take advantage of the plethora of in-season produce varieties by trying out this Spring Roll Bowl.

Lots of color = lots of nutrients! Not only is this dish beautiful, but it is also bursting at the brim with antioxidants and vitamin-rich ingredients. Add Springtime veggies like carrots, radishes, and arugula or bok choy to your noodle bowl then top with avocado, cashews, and grilled turkey or chicken.

Craft this dish to your liking, but for recipe inspiration click the link below.

<https://pinchofyum.com/spring-roll-bowls>

