Asian-influenced Heavenly Grain Bowl

The Dressing:
\[
\begin{align*}
\frac{1}{4} \text{ cup peanut butter} \\
1 \text{ tsp. Sesame oil} \\
\frac{1}{4} \text{ cup rice vinegar} \\
3 \text{ tsp. soy sauce} \\
\frac{1}{4} \text{ cup water} \\
1-2 \text{ Tbs. sriracha}
\end{align*}
\]

The Bowl:
\[
\begin{align*}
3 \text{ cups cooked quinoa or brown rice or a combination of both} \\
1 \text{ avocado, peeled and chopped} \\
1 \text{ cup shredded lettuce or chopped spinach} \\
\frac{1}{2} \text{ cup cooked black beans or chickpeas}
\end{align*}
\]

In a bowl, whisk dressing ingredients together.

Portion out grains into five bowls, then top each bowl with avocado, tomato, greens, and beans. Drizzle each with dressing.

Source:

*The Blue Zones Kitchen: 100 Recipes to Live to 100*
Dan Buettner