



# DIAL UP THE FLAVOR

## GLORIOUS GRAINS



Grains need a boost of moisture and flavor. Try cooking them with Knorr® Professional Ultimate Bases.

**Chef Dana says:**  
"Cooking grains in Knorr® Professional Bases imparts a savory depth of flavor that becomes the foundation for the rest of the bowl."

## BE BOLD



Gen Z are demanding bold & spicy flavors. Hellmann's® Ready to Use Spicy Mayo and Ancho Chipotle Sauce deliver just that.

"These products offer the consistency you can rely on with the right amount of spice that diners seek out."

## DRESS TO IMPRESS



Hellmann's® Mayonnaise creates a consistent base for you to build on.

"Hellmann's® Mayos are perfectly balanced and act as the creamy canvas for all of your creative ingredient additions."

## POWER UP



Proteins and veggies need a flavor boost while retaining texture. Try Knorr® Professional Liquid Concentrated Bases.

"Knorr® Professional Liquid Concentrated Bases give you the versatility to add complex flavor to your proteins and veggies - whether grilling, roasting, braising or more."

**EXPLORE ALL OUR PRODUCTS →**



**Meet Chef Dana**  
Unilever Food Solutions Chef

After graduating from the Culinary Institute of America in Hyde Park, New York, Chef Dana took up an externship at The Four Seasons Resort in Palm Beach, Florida. This is where she developed her cooking style, with a flair for transforming local and seasonal ingredients into simple yet memorable dishes.

**Get to know your UFS Chefs →**





# BOWLS FROM COAST TO COAST

Take a flavor journey across the country with 3 of our top dishes:



### Smoky BBQ Pulled Pork Bowl

Why we love it: The result of a smoky American classic colliding with exotic Korean spices. Try replacing the pork with tofu for a plant-forward version.



### Buddha Bowl With Vegan Green Goddess Dressing

Why we love it: Healthy and green doesn't mean you need to sacrifice flavor. Try Hellmann's® Vegan Mayo as a base for the dressing.



### Grain Bowl With Chickpeas & Quinoa

Why we love it: This Northeast bowl gives us all the fall vibes with flavors that warm the soul.



Looking for more ideas?

Follow our UFS Culinary Team on social media:



# BUZZWORTHY BOWLS

3 trending bowls that everyone's talking about:



### BBQ Shroom Bowl

By Just Salad

BBQ shiitake mushrooms act as a savory, texture swap for traditional protein.



### Falafel + Hummus

By Lazy Dog

The perfect pairing of spices and heat, balanced with freshness.



### Shawarma Squash & Feta Bowl

By Roti

A real standout that proudly puts vegetables center stage.



# BUDDHA BOWL

## WITH VEGAN GREEN GODDESS DRESSING



### INGREDIENTS

6 Servings



Hellmann's® Heavy Duty  
Vegan Mayonnaise

1 cup

or



Best Foods®  
Vegan Mayo

1 cup

Italian parsley	1 cup
Spinach	1 cup
Chives	3 Tbsp
Tarragon	2 Tbsp
Garlic cloves	1 each
White wine vinegar	1 Tbsp
Lemon juice	3 Tbsp

Farro, cooked	3 cups
Shredded carrots	1 cup
Sweet potato steamed	1 cup
Chickpeas cooked	1 cup
Red cabbage thinly sliced	1 cups
Watermelon radish shaved thin	1 each

### PREPARATION

- In a blender add the parsley, spinach, chives, tarragon, garlic, white wine vinegar, and lemon juice.
- Pulse until mostly blended.
- Add the Hellmann's® Vegan Dressing and blend until smooth. Set in the fridge until ready to use.
- Build your bowl! Start with the grain, farro, in this case.
- Top with veggies and dress the bowl with the green goddess dressing you made.



DISCOVER MORE RECIPES