

# PHOENIX REPUBLIC

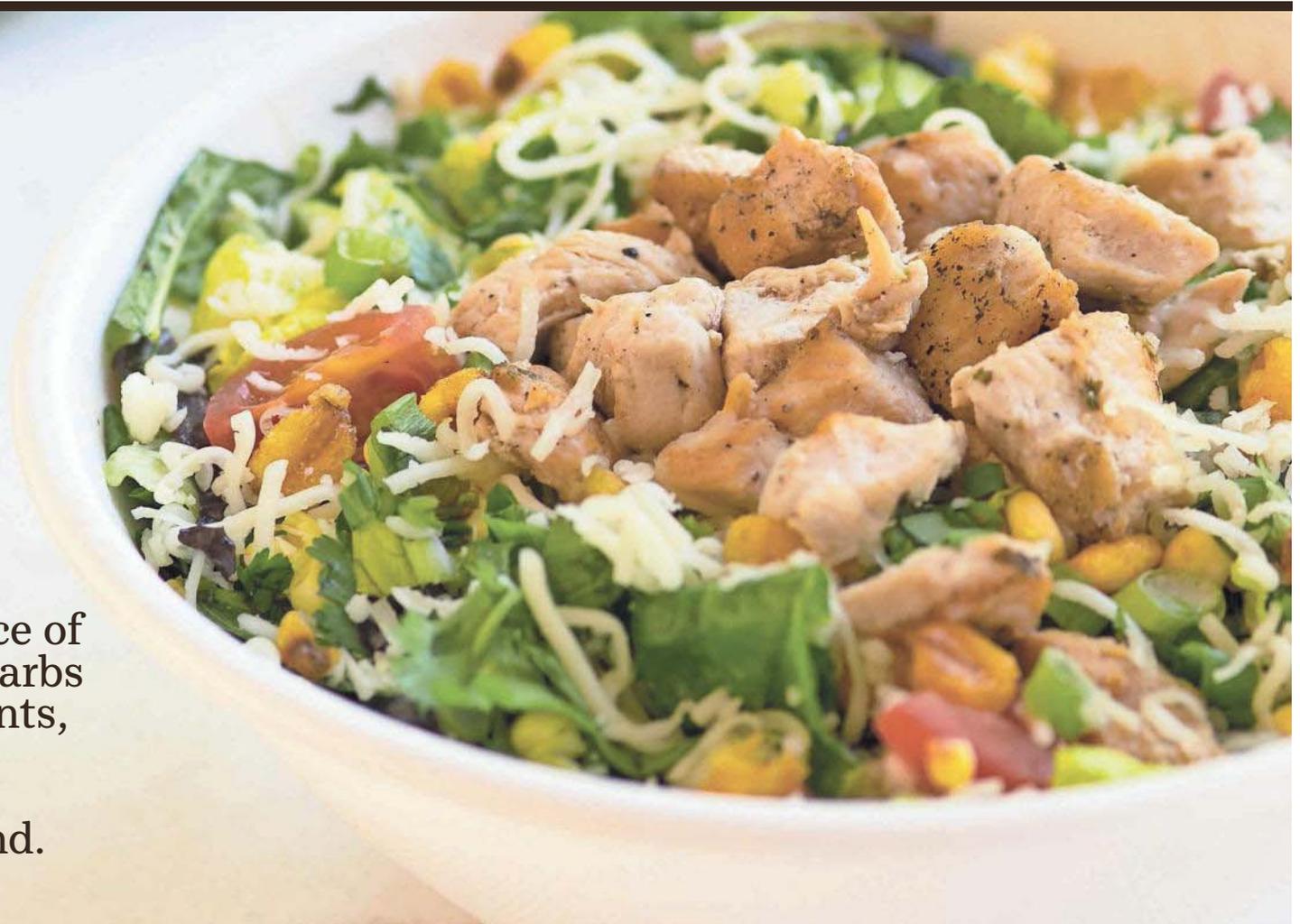
FRIDAY, 01.11.19 ■ Z3 SECTION PH ■ PHOENIX.AZCENTRAL.COM

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## LET'S POWER UP FOR MEAL

Packed with a balance of protein, fiber, good carbs and other key nutrients, power bowls make it easy to stick with a sound diet year-round.

**DINING**, PAGE 3



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### MCSO: Teen shot by deputy threw rocks

**COMMUNITY NEWS**, PAGE 5

### Upgrading Hallcraft house was pricey

**COOL HOME**, PAGE 13

### Widower spooked by modern dating

**ASK LINDA**, PAGE 26

The BBQ chicken salad bowl at the Original Chop Shop Co. in Tempe. This kind of meal provides a boost when you're feeling run-down. DAVID WALLACE/THE REPUBLIC



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# Need energy? 13 Valley restaurants for power bowls

## Georgann Yara

Special to Arizona Republic  
USA TODAY NETWORK

Did the holiday season leave you run-down? Whether eating healthy in 2019 is your new year's resolution or not, most of us can use some help in these areas.

But where do we start? How about a power bowl?

Packed with a balance of protein, fiber, good carbs and other key nutrients, power bowls make it easy to stick with a sound diet year-round. Here are 13 restaurants around the Valley for a delicious and satisfying meal in a bowl.

## Flower Child

The plant-based Glow Bowl (\$9.50) combines spicy sweet potato noodles, bok choy, zucchini, jalapeño, shiitake mushroom, coconut milk and sunflower butter. Vegan and gluten-free, this bowl is offered in January only.

**Details:** Uptown Plaza, 100 E. Camelback Road, Phoenix. 480-212-0180. For locations in Scottsdale, Arcadia and Desert Ridge Marketplace, visit [iamflowerchild.com](http://iamflowerchild.com).

## Phoenix Public Market Cafe

The chilled rice bowl (\$10.50) is packed with brown rice, market vegetables, avocado, sliced mushrooms, toasted sesame seeds, spicy mayo and sesame vinaigrette. The warm black beans and rice (\$9.50) is topped with avocado, feta and salsa. Also available at Tempe Public Market Cafe.

**Details:** 14 E. Pierce St., Phoenix. 602-253-2700, [phxpublicmarket.com](http://phxpublicmarket.com). Tempe Public Market Cafe, 749 S. Rural Road, Tempe. 480-629-5120, [tempepublicmarket.com](http://tempepublicmarket.com).

## Luci's Healthy Marketplace

A new lineup of power bowls includes I'm No Spring Chicken Bowl (\$10.99) with grilled chicken, field greens, spinach, quinoa, cherry tomatoes, avocado and hard-boiled egg. The hot Mojo Bowl (\$9.99) is made with farro, quinoa, chickpeas, black bean, yellow squash, red onion, red peppers, avocado, feta and egg. Also served at Luci's at the Orchard.

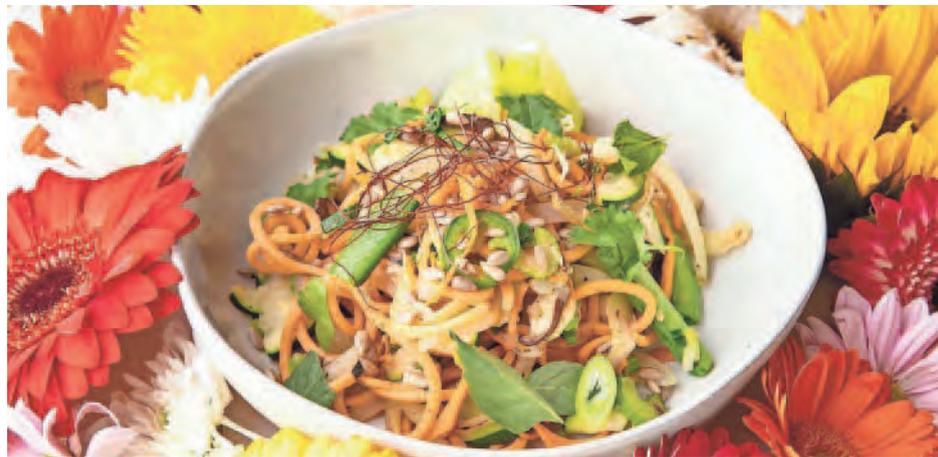
**Details:** 1590 E. Bethany Home Road,



**The rice bowl at Phoenix Public Market Cafe.** PHOENIX PUBLIC MARKET CAFE



**The I'm No Spring Chicken bowl at Luci's.** LUCI'S HEALTHY MARKETPLACE



**The Glow Bowl at Flower Child, available only this month.** FLOWER CHILD



**The Keto Bowl at Tocaya Organica.** TOCAYA ORGANICA



**The vegan chorizo bowl at True Food Kitchen.** TRUE FOOD KITCHEN

Phoenix. 602-773-1339. The Orchard, 7100 N. 12th St., Phoenix. [lucisurbanconcepts.com](http://lucisurbanconcepts.com).

## Tocaya Organica

This new healthy, fast-casual Mexican restaurant just added the Keto Bowl (\$13.95) to its menu. It's packed with Spanish-style cauliflower rice, sauteed tri-color peppers, avocado, sauteed gar-

lic Brussels sprouts, Roma tomatoes, black olives and arbol salsa. It's served with your choice of protein and queso.

**Details:** Kierland Commons, Greenway Parkway and Scottsdale Road, Phoenix. 480-676-3469, [tocayaorganica.com](http://tocayaorganica.com).

## True Food Kitchen

The vegan chorizo bowl (\$14) com-

bines jicama slaw, avocado, dried sweet corn, Anasazi beans and radishes with a side of corn tortillas. Miso-glazed sweet potato and turmeric give the ancient grains (\$14) a punch of color alongside charred onion, snow pea, grilled portobello, avocado and hemp seed. The teriyaki quinoa bowl (\$14) comes with broccoli, heirloom carrot, bok choy, mushroom, brown rice, avocado and toasted sesame comprise. Add tofu, chicken, shrimp, steak or salmon (\$4-\$9)

**Details:** Scottsdale Quarter, 15191 N. Scottsdale Road. 480-265-4500. Biltmore Fashion Park, 2502 E. Camelback Road. Phoenix. 602-774-3488, [truefoodkitchen.com](http://truefoodkitchen.com).

## Grabbagreen

Go light with the French Quarter's (\$13) mélange of shrimp, avocado, baby spinach, red onion, red pepper, cucumber, cayenne, parsley and creamy avocado atop brown rice or spring mix. For a lighter rendition of a heavy favorite, try the Moroccan Mac & Cheese (\$13) with quinoa noodles, chicken, Cheddar, feta and harissa sauce.

**Details:** 15689 N. Hayden Road, Scottsdale. 480-991-9901. Also, 4727 E. Bell Road, Phoenix. 602-833-6800. For locations in downtown Phoenix and Gilbert, visit [grabbagreen.com](http://grabbagreen.com).

## The Vig

Feel instantly healthy with the So Fresh & So Green (\$13) with shaved sprouts, kiwi, peas, avocado, green onions, cucumber, broccoli, pistachios, spinach and kale in a kiwi-lime vinaigrette.

**Details:** 4041 N. 40th St., Phoenix. 602-553-7227. Also, 10199 E. Bell Road, Scottsdale. 480-935-2949. For more locations in Phoenix and Scottsdale, visit [thevig.us](http://thevig.us).

## Farm & Craft

The new probiotic bowl (\$10) will make your belly happy with warm garbanzo beans, quinoa tabbouleh, red beet power kraut, shaved pickled cucumber, romaine hearts and cucumber herb yogurt sauce. Add chicken (\$4) or salmon (\$7).

**See POWER BOWLS , Page 4**