



FALL HARVEST GRAIN BOWL

by The Food Next Door - SWELL

Ingredients

Makes 4 servings

- 1 cup dry beans, soaked overnight
- 1 cup dry spelt, rinsed
- 1 medium delicata squash, cut in half length-wise, seeds scooped out, and chopped into half moons
- 2 medium purple carrots, chopped into coins
- 1 medium beet, chopped into cubes
- 2 garlic cloves, minced
- 1 onion, diced
- 1 cup kale, chopped
- Salt and pepper to taste
- Dressing: 1/2 cup plain Greek yogurt, 1 Tbsp. honey, 1 Tbsp. lemon juice, 1 Tbsp. white wine vinegar, salt and pepper, herb of choice

Directions

Soak beans overnight, drain, rinse and bring to a boil in fresh water. Once boiling, reduce to a simmer and cook for 50 minutes or until soft. Preheat the oven to 375F. Bring about 8 cups of water to a boil and add rinsed spelt. Reduce heat to medium-high and boil uncovered for about 30 minutes or until spelt is chewy and soft, drain excess water. While the beans and spelt cook, start cooking the rest of the components of the grain bowl. Place chopped squash, carrots and beets on a sheet tray, toss with 2 Tbsp. olive oil, 1 clove minced garlic, salt and pepper and roast at 375F for about 30 minutes or until vegetables are soft. While the vegetables are roasting, add olive oil to a pan over medium heat and sauté the onion and garlic until the onion is translucent, if you have mushrooms you could sauté those in the pan as well. While the onion is cooking, add the chopped kale to a bowl, add a drizzle of olive oil and use your hands to massage and soften the leaves. Make the dressing by whisking all ingredients together in a bowl. Build your bowl with beans, spelt, roasted vegetables, sautéed onion and fresh greens, top with dressing.

Add-On's: you could also put thinly sliced apples on top of your grain bowl or top with a chopped hard-boiled egg or crumbled cheese

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