



Garden Grain Bowls

Ingredients:

- 2 Tablespoon cooking oil of your choice (*canola, olive, or avocado*)
- 3 Cups cooked grain of choice (*quinoa, farro, millet, or rice*)
- 2 Cups packed greens any of or a combination of spinach, kale, collards, and swiss chard
- 1 can chickpeas
- 3 Cups roasting vegetables of choice (*summer squash, eggplant, peppers, or beets*)
- 1.5 Cups fresh vegetables of choice (*carrots, tomatoes, radishes, or cucumbers*)
- ¼ Cup oil for dressing
- ⅓ Cup apple cider vinegar
- 1 Tbsp dijon mustard
- ½ tsp curry powder
- 1 large garlic clove, minced
- salt & pepper to taste

Instructions:

1. Prep Roasted Vegetables & Chickpeas: Preheat oven to 400 degrees Fahrenheit. Chop roasting vegetables into 2 inch pieces. Mix with chickpeas and toss in 1 Tbsp cooking oil. Place in a single layer on baking sheet. Roast for 25 minutes, flipping halfway.
2. Prep Grain: Cook grain of choice according to package instructions.
3. Saute Greens: Rough chop greens. Saute with 1 Tbsp cooking oil & minced garlic until greens are wilted.
4. Prep Fresh Vegetables: Chop fresh vegetables of choice into 1 inch pieces. Set aside.
5. Prep Dressing: Combine dressing oil, apple cider vinegar, dijon mustard, curry powder, salt, and pepper until well combined.
6. Assemble Grain Bowls: Combine roasted vegetables, grains, sauteed greens, fresh vegetables, and dressing in a large bowl.

Serves 4