

Harvest Grain Bowl

A QUICK NUTRITIOUS MEAL



INGREDIENTS

- 1 cup cooked grain of choice (brown rice, wild rice farro, quinoa)
- 1-2 cups kale, stems removed and chopped
- 1 cup roasted Brussels sprouts (or leftover veg of choice)
- 1 cups roasted sweet potatoes
- Leftover chicken or lean protein (~8 oz)
- 2-3 TBSP dried raisins
- 1/2 - 1oz walnuts, chopped
- Salt & Pepper to taste
- Optional: 1-2oz feta cheese

DIRECTIONS

- 1** If using all leftover ingredients, add all ingredients to a bowl, toss and enjoy! If not using leftover ingredients, follow the steps below:

For roasting veggies: Preheat oven to 425 degrees and line a baking sheet with parchment paper. Add halved brussels sprouts and cubed sweet potatoes to baking sheet. Drizzled with ~2tsp oil, salt and pepper and toss to coat. Roast for 20-30 minutes or until veggies are fork tender.
- 2**
- 3** For the grain: Prepare according to package directions.
- 4** For the bowl: Combine all ingredients, toss and enjoy!



10-40mins Serves 2