### winter grain bowl

Recipe adapted from the 2021 Community Collaborative Cookbook

**Serves 4**

**Prep time:** 2+ hours to soak

**Cook time:** 15 min.

### YOU NEED:

**For the grains:**
- 1 cup wild rice, soaked in room temperature water for 2 hours prior to cooking OR 1 cup farro, rinsed under cold water prior to cooking
- 3 cups low-sodium vegetable stock
- Pinch of kosher salt
- 1 Tb extra virgin olive oil

**For the sweet potatoes:**
- 1 lb any color sweet potato, washed but not peeled, diced into bite sized pieces
- 2 Tb extra virgin olive oil
- 1 Tb fresh sage, chopped (substitute 1 Tsp dried chopped sage)
- 1 Tb garlic, minced or grated
- Pinch of kosher salt and black pepper

**For the dressing:**
- 1 Tb maple syrup
- 1 1/2 tsp Dijon mustard
- 1 Tb apple cider vinegar
- 2 Tb extra virgin olive oil
- Pinch of kosher salt and black pepper

**For the bowl:**
- 2 cups baby arugula
- 2 cups baby spinach
- 1 cup brussels sprouts, shaved
- 1/3 cup dried cranberries
- 1/3 cup dried figs, stems removed and sliced
- 1/3 cup pepitas (hulled pumpkin seed), toasted lightly
- 1/4 cup parsley, rough chopped

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### INSTRUCTIONS:

If using wild rice*:
1. Soak wild rice for up to 2 hours prior to cooking to help shorten the cooking time. After soaking, drain & rinse the wild rice. Add the rinsed rice, stock, salt, & oil to a saucepot with a lid.
2. Bring everything up to a boil with the lid on, then reduce the heat to a low simmer & cook for about 20-25 minutes until the rice is tender & some of the grains have split. Drain any excess stock from the pot & fluff the rice with a fork, set aside to cool

*gluten-free option

If using farro**:
1. Rinse grains under cool water, add to a saucepot with stock, salt, & oil.
2. Bring all to a boil then place a lid over the pan, reduce heat to a low simmer, & cook for about 20 minutes or until the grains are tender, chewy, & have puffed/doubled in size. Drain any excess stock from the pot & fluff the farro with a fork, set aside to cool

**not gluten-free

For the bowl:
1. Toss the diced sweet potatoes in a mixing bowl with the oil, chopped sage, garlic, & salt & pepper.
2. Heat a skillet over medium-high heat & when warm, add the seasoned potatoes. Cook, stirring occasionally, until the sides are browning & the garlic is fragrant.
3. Reduce heat to low & cover the skillet with a lid or foil. Allow to steam for about 5 minutes, remove the cover & stir. Test for tenderness with a sharp knife, if the diced potatoes are soft, remove the pan from the heat & set aside to cool slightly
4. Mix the dressing ingredients in a small jar or Tupperware with a tight fitting lid. Shake vigorously until the vinaigrette is emulsified.
5. Use a sharp knife or a mandolin slicer to shave the brussels sprouts; lightly toast the pepitas in a dry skillet over medium high heat, stirring frequently until light golden and fragrant. Remove the stems from the dried figs & slice.
6. Wash & chop 1/4 cup of fresh parsley.

To assemble:
1. Mix the arugula, spinach, & shaved brussels sprouts in a mixing bowl. Toss with the prepared dressing, and add in the roasted potatoes, cranberries, & figs. Toss with more dressing as needed. Plate the cooked grains on one half of a bowl then place the mixed salad to the side in the other half. Top with toasted pepitas & chopped parsley and enjoy!