

# Food Day 2021 at UCLA

In celebration of Food Day, the EatWell Pod and UCLA Teaching Kitchen are calling attention to the significance of these ingredients to our UCLA community and highlighting their connection to the land we inhabit and the indigenous traditions they come to us from.

Scan here for more information & materials or visit [eatwell.healthy.ucla.edu](http://eatwell.healthy.ucla.edu)



## 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. 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!



## winter grain bowl

Serves 4

Recipe adapted from the 2021 Community Collaborative Cookbook

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