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Harvest Grain Bowl

Serves 4

Ingredients

For the bowls:

- 1 cup uncooked farro, brown rice, or quinoa
- 2 cups Brussels sprouts, halved
- 2 cups butternut squash, cubed
- 1 tablespoon olive oil
- Salt and pepper, to taste
- 1 can (15 ounces) chickpeas, drained and rinsed
- 1 cup dried cranberries
- ¼ cup pumpkin seeds
- 4 cups mixed greens

For the dressing:

- 2 tablespoons olive oil
- 1 tablespoon Dijon mustard
- 1 tablespoon maple syrup
- 1 tablespoon apple cider vinegar
- Pinch of salt and pepper

Directions

1. Cook the grain according to package instructions and set aside.
2. Preheat oven to 425°F.
3. Toss Brussels sprouts and butternut squash with olive oil, salt, and pepper. Spread on a baking sheet and roast for 20–25 minutes, stirring halfway through.
4. In a small bowl, whisk together dressing ingredients.
5. Divide mixed greens among four containers or bowls. Top with cooked grain, roasted vegetables, chickpeas, cranberries, and pumpkin seeds.
6. Drizzle with dressing before serving.