

Honeynut Squash and Kale Power Bowl

Makes 4 to 6 servings

Honeynut squash is a sweet variety of fall squash, and roasting it makes it even sweeter. Your child can help by mixing the dressing and massaging the kale.

Ingredients

For the grain bowl

- 1 cup farro, barley, brown rice, or other whole grain
- ½ cup black or green lentils
- 1 garlic clove, unpeeled
- 2 honeynut squash, seeds removed, cut into ¾ inch cubes
- 1 tablespoon olive oil
- ½ teaspoon black pepper
- ¼ teaspoon cinnamon powder
- ½ bunch kale, stems removed and leaves finely chopped
- 2 tablespoons toasted pumpkin seeds
- ¼ cup crumbled feta cheese (optional)
- ½ cup pomegranate seeds (optional)

For the dressing

- 4 tablespoons olive oil
- 1 ½ tablespoons lime juice
- ¼ teaspoon black pepper
- ¼ teaspoon cumin powder
- ¼ teaspoon salt
- Pinch of cayenne pepper

Directions

1. Heat oven to 400 degrees F.
2. Rinse and drain the farro and lentils. Add them to a medium-sized pot with 1 teaspoon salt and garlic. Add enough water to cover the farro and lentils by 2 inches. Turn the heat to high and bring to a boil. Remove any foam that rises to the top.
3. Turn the heat to low, cover the pot, and cook until the farro and lentils are soft, about 25 minutes. Drain, remove the garlic, and set aside.
4. While the farro and lentils cook, roast the squash: On a large sheet pan, mix the squash, 1 tablespoon olive oil, ¼ teaspoon salt, cinnamon, and black pepper. Roast until the squash is soft and golden brown, about 25 minutes, stirring halfway through the cooking time.
5. Make the dressing: In a small bowl, whisk together the dressing ingredients and set aside.
6. Put the kale, ¼ teaspoon salt, and ½ tablespoon olive oil into a large bowl. Use your hands to gently massage the kale until it is tender and dark green, about 2 minutes.
7. Add the farro, lentils, squash, pumpkin seeds, and dressing to the bowl and mix to combine. Sprinkle the feta and pomegranate seeds on top (if using) and serve warm.



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