

Beet and Cauliflower Grain Bowl

Makes 4 servings

Roasting beets and cauliflower brings out their sweetness. Arugula has a peppery flavor that pairs well with beets and cauliflower, but you can leave it out of your child's serving. Your child can help by topping each serving with the nuts.

Ingredients

For the grain bowl

- 1 cup farro, barley, brown rice, or other whole grain
- 1 head cauliflower, cut into small florets
- 3 small beets, greens removed and scrubbed clean
- 1 tablespoon olive oil
- ½ teaspoon cumin powder
- ½ teaspoon coriander powder
- ¼ teaspoon cayenne or red chile powder
- ¼ cup chopped almonds or walnuts, or pumpkin seeds
- ¼ cup crumbled feta cheese or queso fresco (optional)
- ½ bunch or 2 cups arugula leaves and stems, washed well and dried, then chopped into bite size pieces

For the dressing

- 4 tablespoons olive oil
- 2 tablespoons lemon juice
- ¼ teaspoon garlic powder
- ¼ teaspoon cumin powder
- ¼ teaspoon salt
- Pinch of cayenne pepper

Directions

1. Heat oven to 425 degrees F.
2. Rinse and drain the farro or grain of your choice, and cook according to package directions.
3. On a large sheet pan, mix the cauliflower with the olive oil, cumin, coriander, cayenne, and ½ teaspoon salt. Bake for 10 minutes, then toss the cauliflower and continue to bake until the cauliflower is soft and browned, another 10-15 minutes.
4. Wrap all of the beets in a large piece of foil, place on a baking sheet, and roast in the oven until tender, 30-40 minutes. (A small knife should pierce the beets easily.) When the beets are cool, remove the skins and chop them into bite-size chunks.
5. While the farro and vegetables are cooking, make the dressing. In a small bowl, whisk together all dressing ingredients and set aside.
6. Once everything is done cooking, mix the farro, roasted cauliflower and beets, and dressing in a large bowl to combine. Sprinkle the nuts or seeds and cheese over each serving. If using arugula, arrange it on a plate and then top with the farro mixture.



Photo: Well Vegan

Scan this code with your phone's camera for more recipes and healthy eating tips

