

Warm Harvest Grain Bowl

Beans, Rice & Grains, Salad

Servings: 8

Ingredients

For the honey mustard vinaigrette:

$\frac{3}{4}$ cup extra virgin olive oil

$\frac{1}{4}$ cup apple cider vinegar

2 tsp Dijon mustard or whole grain mustard

2 tsp honey

$\frac{1}{2}$ medium shallot, minced, about 2-3 Tbsp

2 Tbsp chives

1 Tbsp fresh tarragon, finely chopped

$\frac{1}{2}$ tsp kosher salt

$\frac{1}{4}$ tsp freshly ground black pepper

For the bowl:

2 cups cooked quinoa (or farro, wild rice, wheat berries, barley etc.)

1 bunch of kale, ribs removed, leaves very thinly sliced into $\frac{1}{4}$ -inch strips

2 cups rotisserie chicken, shredded or chopped (about 2 chicken breasts)

1 medium butternut squash (or 2 medium sweet potatoes), peeled and cut into $\frac{1}{3}$ -inch cubes

2 Tbsp extra virgin olive oil

1 tsp kosher salt

$\frac{1}{2}$ tsp garlic powder

$\frac{1}{2}$ tsp ground cinnamon

$\frac{1}{4}$ tsp freshly ground black pepper

Pinch of cayenne pepper (or more if you want extra heat!)

1 (15.5 oz) can chickpeas, drained, rinsed, and patted dry

1 medium apple,

such as Honeycrisp, Gala, or Fuji, cut into matchsticks about $\frac{1}{4}$ -inch thick and 1-inch long

$\frac{1}{3}$ cup pepitas (pumpkin seeds) or halved pecans

4 oz goat cheese

Flaky sea salt

Fines herbs

1 Tbsp fresh parsley, finely chopped

1 Tbsp fresh chives, finely chopped

1 Tbsp fresh tarragon, finely chopped

1 Tbsp fresh chervil, finely chopped

Description

Hearty and wholesome, a celebration of warm spices and fall flavors.

Directions

Make the dressing.

Preheat an oven to 425°F.

Combine $\frac{3}{4}$ cup olive oil, $\frac{1}{4}$ cup apple cider vinegar, 2 tsp dijon, 2 tsp honey, $\frac{1}{2}$ minced shallot, 2 Tbsp sliced chives, 1 Tbsp chopped tarragon, $\frac{1}{2}$ tsp Kosher salt and $\frac{1}{4}$ tsp black pepper in a mason jar, then secure with lid and shake vigorously. Alternatively, can place all ingredients in a small bowl, then whisk. Set aside.

Roast the butternut squash. Place cubed butternut squash on a rimmed baking sheet, then drizzle with 2 Tbsp olive oil, 1 tsp kosher salt, $\frac{1}{2}$ tsp garlic powder, $\frac{1}{2}$ tsp ground cinnamon, $\frac{1}{4}$ tsp black pepper, and a generous pinch of cayenne pepper. Transfer to the preheated oven and cook for 20 minutes. Carefully remove, then flip the squash pieces over.

Add the chickpeas. When you flip the squash, add 1 can of drained, rinsed, and dried chickpeas. Add another drizzle of olive oil, then return the sheet pan to the oven. Cook for an additional 17-20 minutes, or until the squash is tender and the chickpeas are crunchy.

Assemble the salad:

Place 2 cups of cooked quinoa and the thinly sliced kale leaves in a very large mixing bowl. To this, add the roasted squash, chickpeas, matchstick apple pieces, $\frac{1}{3}$ cup pepitas, 4 oz goat cheese, and 1 Tbsp each of chopped parsley, chives, tarragon, and chervil. Drizzle the honey mustard vinaigrette on top, then toss really well. Taste and adjust seasoning, then serve hot or room temperature with a few pinches of flaky sea salt.

Notes

To make-ahead: Prepare the dressing and roast the squash and chickpeas up to 2 days in advance. Store separately in airtight containers and assemble just before serving.