





Fall Vitality Bowl

with Roasted Vegetables and Arugula

 30-40min  4 Servings

Few foods in life are delicious, good for you, and quick-cooking, but this gluten-free grains blend is the exception and also a revelation! The chewy texture of brown rice, amaranth, red quinoa, and buckwheat works well with tender roasted butternut squash and sweet, crunchy pears. Creamy goat cheese rounds it all out as a slightly indulgent reward for eating such a healthy bowl. Cook, relax, a...

What we send

- shallot
- golden balsamic vinegar
- quick-cooking grains blend
- fresh rosemary
- cubed butternut squash
- bosc pear
- baby arugula

What you need

- coarse salt
- freshly ground pepper
- olive oil

Tools

- large saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 499.0kcal, Fat 23.4g, Proteins 10.3g, Carbs 61.7g



1. Prep vegetables

Preheat oven to 475°F with a rack in upper third. Trim ends from **shallots**, then peel and cut into ¾-inch pieces. Pick and chop **1½ teaspoons rosemary leaves**. Transfer **shallots** and **chopped rosemary** to a large bowl and add **butternut squash**, **3 tablespoons oil**, and **½ teaspoon each salt and pepper**.



4. Make dressing

In a small bowl, whisk **vinegar** and **¼ cup oil**; season to taste with **salt and pepper**. Stir **all but 1 tablespoon dressing** into **grains blend**.



2. Roast vegetables

Transfer **vegetables** to a baking sheet (don't rinse bowl) in a single layer and roast, stirring once until tender and lightly browned in spots, 13-15 minutes (watch closely).



5. Make salad

Cut **pears** in half and scoop out cores. Thinly slice lengthwise and transfer to the large bowl reserved in step 2; add arugula. Toss with **1 tablespoon reserved dressing**. Cut **goat cheese** into 4 slices, or crumble if preferred.



3. Make grains

Meanwhile, bring a large pot of **salted water** to a boil. Add **grains blend** and boil until tender, about 12 minutes. Drain and return to pot, off heat.



6. Assemble

Serve **grains** in bowls topped with **arugula and pear salad, roasted vegetables**, and **goat cheese**. Enjoy!