



Winter Veggie Grain Bowl

with Dried Cherries and Pepitas



20-30min



4 Servings

Grain bowls are a delicious and nutritious way to celebrate the bounty of any season! This winter version showcases organic grains, sweet dried cherries, crunchy pumpkin seeds, tart roasted lemon, crisp Brussels spouts, carrots, onions, and creamy goat cheese. It's satisfying and hits all the right notes. The perfect way to get your New Year off to a great start! Cook, relax, and enjoy!

What we send

- red onion
- lemon
- roasted, salted pumpkin seeds
- carrots
- dried cherries
- fresh thyme
- brussels sprouts

What you need

- coarse kosher salt
- freshly ground pepper
- olive oil
- sugar

Tools

- fine-mesh sieve
- large saucepan
- rimmed baking sheet

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 768.0kcal, Fat 40.4g, Proteins 19.8g, Carbs 81.7g



1. Prep ingredients

Preheat oven to 450°F with rack in upper $\frac{1}{3}$. Peel **carrots**; cut into $\frac{1}{4}$ -inch slices on diagonal. Trim and halve **Brussels sprouts** (quarter if large). Trim ends from **onion**, then halve, peel, and cut into $\frac{1}{2}$ -inch wedges through core. Zest **1 lemon**, then cut into 4 wedges. Juice **2nd lemon**. Pick and chop **thyme leaves** from $\frac{1}{2}$ of **stems** (reserve remainder for step 2).



4. Make dressing

Transfer **roasted lemon wedges** to a medium bowl and press with a spoon to squeeze **juice**. Discard rind and seeds. Whisk in **3 tablespoons oil**, **1 tablespoon water**, and $\frac{2}{3}$ of the **goat cheese** (reserve rest for step 6). Season with $\frac{1}{2}$ **teaspoon salt** and **a few grinds pepper**.



2. Roast & broil vegetables

Bring a large saucepan of **salted water** to a boil. In a large bowl, mix **carrots**, **Brussels sprouts**, **onion**, **4 lemon wedges**, **reserved thyme sprigs**, **3 tablespoons oil**, **1 teaspoon salt**, and **a few grinds pepper**. Spread on rimmed baking sheet; roast until tender and brown, about 25 minutes. Switch to broil, caramelize for 2-4 minutes. Remove thyme sprigs.



5. Dress grains

Add **grains**, $\frac{2}{3}$ of the **chopped thyme**, and $\frac{3}{4}$ of the **pepitats** to **lemon-goat cheese dressing**. Toss to coat and season with **salt** and **pepper**. In a small bowl, whisk **lemon juice** with **2 tablespoons olive oil**, **1 teaspoon lemon zest**, and $\frac{1}{4}$ **teaspoon sugar**. Season with **salt** and **pepper**; save for drizzling in step 6.



3. Cook grains

Add **grains** to boiling salted water and cook until tender, 8-10 minutes. Add **cherries** during last 2 minutes of cooking. Drain and shake out excess water.



6. Serve

Divide **grain mixture** between bowls. Top with **roasted vegetables** and **remaining pepitats, chopped thyme, and goat cheese**. Drizzle with **lemon vinaigrette**. Enjoy!