

WINTER NOURISH BOWL WITH MAPLE-SHERRY VINAIGRETTE

4 Servings

2 sweet potatoes, diced
3 beets, peeled and diced
2 small shallots, peeled
1 tablespoon extra virgin olive oil
4 cups cooked farro, quinoa or couscous
2 oranges, segmented
1/3 cup toasted sliced almonds
1/3 cup sunflower seeds
2 cups shredded kale or arugula
1 avocado, diced
1/2 cup crumbled feta or goat cheese
1/4 cup sherry or cider vinegar
3/4 cup extra virgin olive oil
1 teaspoon Dijon mustard
1 teaspoon maple syrup
Salt and pepper to taste

1. Preheat oven to 400 degrees. Toss sweet potatoes, beets and shallots with 1 tablespoon of olive oil. Spread on a sheet pan that has been lined with parchment paper (easy clean up!) Roast for about 2-30 minutes or until veggies are just tender.
2. In a small blender, combine the roasted shallots, vinegar, Dijon, maple syrup and olive oil. Blend until smooth. Season to taste with salt and pepper.
3. To serve: massage dressing into the kale for a few minutes to soften (no need to massage arugula). Divide farro among 4 bowls, add the kale/arugula, sweet potatoes, beets, oranges and avocado. Drizzle with the dressing. Sprinkle with almonds, sunflower seeds and cheese.
4. *Enjoy! You can add grilled chicken, shrimp, fish or even canned salmon for an even easier meal!*