

Harvest Roasted Vegetables Grain Bowl

Ingredients

- 1 sweet potato, diced
- 16 oz. brussels sprouts, halved
- 1 red onion, roughly chopped
- 2 tablespoons olive oil
- 1/2 teaspoon ground cinnamon
- 1 teaspoon salt
- 1 cup of farro
- 3 cups of water
- 1/2 cup fresh basil
- 2 tablespoons red wine vinegar
- 2 tablespoons olive oil
- 2 teaspoons Dijon mustard
- 1 garlic clove
- Black pepper to taste
- 4 large eggs



Directions

1. Preheat oven to 400 degrees. To a large bowl, add sweet potatoes, brussels sprouts, red onion, olive oil, ground cinnamon, and salt. Toss to cover with seasoning.
2. Bake for 30 minutes.
3. In the meantime, add farro and water to a medium size saucepan. Bring to a boil, cover, and simmer for 30 minutes. Drain out excess liquid and set aside.
4. In a small food processor, add fresh basil, red wine vinegar, olive oil, Dijon mustard, garlic clove, and black pepper. Blend until smooth like a dressing.
5. Add the dressing to the farro mixture. Toss to coat the farro.
6. Serve the roasted vegetables over the farro and top with an egg done to your desired liking.

Nutrition Facts: Serving Size: 1/4 of recipe; Calories: 470 ; Total Fat: 20g; Saturated Fat: 3.5g; Sodium: 760mg; Total Carbohydrate: 58g; Dietary Fiber: 11g; Added Sugars: 0g; Protein: 18g; Vitamin D: 1mcg; Calcium: 140mg; Iron: 5mg; Potassium: 707mg