

Roasted Winter Vegetable Bowl Serves 4

Ingredients

- 1 cup dry sorghum (you can substitute quinoa, but cooking times will be different)
- 1 cup dry lentils
- 1 medium butternut squash, peeled and cut into 1-inch cubes
- 1 medium cauliflower, cut into florets
- caramelized onions (optional, see recipe below)
- 2 handfuls of baby spinach leaves per bowl

Garnishes

- pomegranate seeds, parsley or cilantro, roughly chopped

Dressing ingredients

- 2 tablespoon olive oil
- 2 tablespoon balsamic vinegar
- 1 teaspoon water
- 1 teaspoon Dijon mustard
- 1 teaspoon nutritional yeast
- pinch of salt and pepper

Preparation

1. Heat oven to 415°F. Place sorghum and 3 cups of water in a pot over high heat. Bring to a boil. Reduce to a simmer and cover, cooking for about 40 minutes. (Make sure to check the package directions, though.) The grains should be soft and slightly chewy, while maintaining their shape. Drain off excess water and set aside.
2. Place lentils and 3 cups of water in a pot over high heat. Bring to a boil. Reduce to a simmer and cover, cooking for about 20 minutes, or until soft but still maintaining their shape.
3. While sorghum and lentils are cooking, roast the vegetables. Oil a baking sheet, spread out the cauliflower florets on the sheet and sprinkle with salt. Repeat with butternut squash on a separate baking sheet.
4. Roast both the cauliflower and butternut squash for 30 to 35 minutes, rotating the pans 180 degrees at the 15-minute mark.
5. Assemble ingredients in bowls, starting with a base of spinach, then topping with ½ cup of sorghum, ½ cup of lentils, along with the roasted vegetables and caramelized onions. Top with garnishes. Season to taste.
6. Put all dressing ingredients in a jar with a lid, shake to combine. Pour over bowl, by the tablespoon, adding more to taste.

Caramelized Onions

Ingredients

- 1 medium red onion, sliced into thin half-moon slices
- oil of your choice
- ½ teaspoon salt
- water
- balsamic vinegar

Preparation

1. Heat a splash of oil of your choice in a pan over medium-high heat. Add onions and salt and cook, stirring occasionally, for about 15 minutes. Add splashes of warm water periodically, as the pan gets dry.
2. Finish with a splash of balsamic vinegar and cook for another 2 to 3 minutes until the sharpness cooks off.