

Fall Grain Salad

Serves 6



Ingredients:

For the salad:

- 2 medium sweet potatoes, cut into ½-inch cubes
- 1 red onion, thinly sliced, divided
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 Tablespoon olive oil
- 2 cups cooked whole grain (eg. farro, barley, brown rice, bulgur, quinoa), cooked according to package instructions
- 1 bunch Swiss or rainbow chard or kale, sliced into thin ribbons
- 1 tart apple, cut into matchsticks
- ¼ cup sunflower seeds

For the dressing:

- 2 Tablespoons olive oil
- Juice of 1 lemon, about 3 Tablespoons
- ¼ cup apple cider vinegar
- ½ teaspoon salt
- ½ teaspoon black pepper

Instructions:

1. Preheat oven to 400°F.
2. Toss sweet potatoes and half of the sliced onion with 1 Tablespoon olive oil, ½ teaspoon salt, and ½ teaspoon black pepper. Arrange in a single layer on a sheet pan.
3. Roast sweet potatoes and onions in oven until cooked through and browned, about 30 minutes.
4. While vegetables are roasting, prepare dressing: in a large bowl, whisk together 2 Tablespoons olive oil, lemon juice, apple cider vinegar, ½ teaspoon salt, and ½ teaspoon black pepper.
5. To the same large bowl, add roasted vegetables, remaining raw sliced onion, cooked grain, chard, apple, and sunflower seeds. Toss to combine.
6. Enjoy at room temperature or cold! Salad will keep in refrigerator for up to 3 days.