



## Roasted Veggie Grain Bowl

with Dried Cranberries & Pumpkin Seeds



20-30min



2 Servings

Grain bowls are a delicious and nutritious way to celebrate the bounty of any season! This version showcases quick-cooking farro, sweet dried cranberries, crunchy pumpkin seeds, tart roasted lemon, crisp Brussels sprouts, carrots, onions, and creamy feta cheese. It's satisfying and hits all the right notes. Plus, it comes together in a snap!

## What we send

- ½ lb carrots
- ½ lb Brussels sprouts
- 1 medium yellow onion
- lemon
- ¼ oz fresh thyme
- 4 oz quick-cooking farro <sup>1</sup>
- 1 oz dried cranberries
- 1.4 oz feta cheese <sup>7</sup>
- 1 oz pumpkin seeds

## What you need

- olive oil
- sugar
- kosher salt & ground pepper

## Tools

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

## Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 850kcal, Fat 49g, Carbs 89g, Proteins 21g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Peel **carrots**; cut into ¼-inch slices on an angle. Trim and halve **Brussels sprouts** (quarter, if large). Halve **onion**; cut into ½-inch thick wedges. Zest and juice **half of the lemon**, keeping them separate; cut remaining lemon into wedges. Pick and coarsely chop **half of the thyme leaves**; reserve remaining sprigs for step 2.



### 4. Make dressing

Transfer **roasted lemon wedges** to a medium bowl and press with a spoon to squeeze **all of the juice**. Discard rinds and seeds. Whisk in **2 tablespoons oil**, **1 tablespoon water**, and **⅔ of crumbled feta cheese** (reserve remaining for step 6). Season dressing to taste with **salt and pepper**.



### 2. Roast veggies

Bring a medium saucepan of **salted water** to a boil. In a medium bowl, toss to combine **carrots, Brussels sprouts, onions, lemon wedges, and reserved thyme sprigs** with **2 tablespoons oil**; season with **salt and pepper**. Spread out on a rimmed baking sheet. Roast on upper oven rack until veggies are tender and well browned, about 25 minutes (watch closely as ovens vary).



### 5. Dress farro

Add **farro**, **⅔ of the chopped thyme leaves**, and **¼ of the pumpkin seeds** to **lemon-feta dressing**; toss to coat and season to taste with **salt and pepper**. In a small bowl, whisk **lemon juice** with **1 tablespoon oil**, **1 teaspoon of the lemon zest**, and **⅛ teaspoon sugar**. Season to taste with **salt and pepper** and reserve lemon vinaigrette for step 6.



### 3. Cook farro

Add **farro** to boiling water and cook until tender, 18–20 minutes. Add **cranberries** for last 2 minutes of cooking. Drain well through a fine-mesh sieve, shaking out any excess water.



### 6. Finish & serve

Remove and discard thyme sprigs from **roasted veggies**. Spoon **grain mixture** into bowls and top with **roasted veggies, remaining pumpkin seeds and chopped thyme**, and **reserved feta**. Drizzle with **lemon vinaigrette**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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