

GREENS, GRAINS & CHICKEN BOWLS

PREP TIME

30 mins

COOK TIME

45 mins

SERVINGS

6 - 8

INGREDIENTS

GRAIN BOWL

3 large golden or red beets, cubed
3 medium sweet potatoes, cubed
1-2 Tbsp extra virgin olive oil
Salt & pepper
1 cup wild rice, cooked
1/2 cup dried cherries
8-10 cups kale, shredded
3-4 cups shredded chicken, cooked
1/2 cup crumbled goat cheese
1/2 cup sliced almonds

HOMEMADE BALSAMIC DRESSING

(or use store-bought - totally fine!)
1/2 cup balsamic vinegar
1 cup extra virgin olive oil
1 tsp salt
1/2 tsp pepper
1 shallot, minced
3 tsp dijon mustard

INSTRUCTIONS

ROASTED BEETS/SWEET POTATOES

1. Preheat oven to 425°F.
2. In a large bowl, toss diced beets and sweet potatoes, olive oil and salt & pepper.
3. On a large parchment-lined baking sheet, roast beets and sweet potatoes for 30 minutes.
4. In a large bowl, combine roasted beets and sweet potatoes, wild rice, and dried cherries. Toss with a little bit of dressing, about 1/4 cup. This can be stored in the fridge for a day or so.

BALSAMIC DRESSING (if making homemade)

1. Add all dressing ingredients except olive oil to a blender. Blend until incorporated.
2. With blender on, slowly drizzle olive oil into the dressing.

ASSEMBLY

1. Scoop the pre-made roasted beet/wild rice salad onto a pile of kale. Top with goat cheese, almonds, chicken and extra dressing. Enjoy!

SUBSTITUTION IDEAS

Beets/Sweet Potatoes: Butternut Squash, Acorn Squash, Carrots, Parsnips

Wild Rice: Brown Rice, Farro, Quinoa

Dried Cherries: Dried Cranberries, Raisins, Golden Raisins

Kale: Spinach

Chicken: Roasted Salmon, Shredded Turkey, Tofu

Almonds: Walnuts, Pistachios, Pecans