



AUTUMN GRAIN BOWL

YIELDS: 2 LARGE PORTIONS OR 4 SMALL

Einkorn is just as easy to cook as rice or quinoa. Just like brown rice, einkorn has a lovely chewy consistency with a mild nutty flavour. For this autumn grain bowl, we added some of our favourite local veggies, greens and topped it off with a zesty tahini drizzle.



Ingredients

FOR BOWL

- 1 delicata squash, sliced
- 2 medium carrots, cubed
- 3 medium beets, cubed
- 1 cup Anita's Organic Einkorn kernels, uncooked
- 6 stocks black kale, shredded
- ¼ micro greens
- ¼ seeds, nuts and dried fruit of choice (we used roasted pistachios and cranberries)
- 2 tsp garlic powder, divided
- 2 tsp each fresh thyme, rosemary, and sage

FOR SAUCE

- ¼ cup tahini
- Juice from 1 lemon
- ¼- ½ cup water
- Salt and pepper

Instructions

1. First begin by roasting your veggies. Preheat the oven to 400°F. Cut off the ends of the delicata squash then slice the squash in half lengthwise and scooping out the seeds with a spoon. Cut in 2cm slices, like crescent moons. Cut off the ends of beets and peel and chop into medium cubes. Cut off the ends of the carrots (we prefer to leave them unpeeled). Cut into large strips by cutting the carrot in half widthwise and then cutting those pieces lengthwise. Place the carrots and the squash on the same pan and the beets separately lined with parchment paper.
2. Chop herbs finely together.

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3. Drizzle the veggies with olive oil and divide the herbs, garlic powder, and salt and pepper amongst the 2 pans.
4. Bake for 15 minutes then stir and bake for another 10-15 depending on your oven. You will want them caramelized on the edges and fork tender.
5. While the veggies are baking, prepare the grains. Rinse 1 cup einkorn in a fine mesh strainer under cold water shaking or stirring for a moment until water runs clear. Place in a pot with 2 cups of water and a pinch of salt. Bring to a boil and then turn down heat to a simmer and place lid on the pot cooking for 20-30 minutes depending on your desired consistency. (We prefer to cook for closer to 20 minutes so the grains slightly hold their shape and are a little chewy but still fully cooked. 30 minutes will lead to a softer grain).
6. Strain out any remaining water if necessary. Place to the side while you prepare your toppings and sauce.
7. This is where you can get creative by adding whatever toppings you like! I enjoy incorporating a green such as kale or spinach, microgreens, and toasted seeds. For this autumn inspired bowl I choose a curly kale rinsed, de-stemmed and chopped into bite size pieces. ** A tip if you find you do not enjoy the texture of raw kale or find it hard to digest. Massage your kale for a few minutes with a splash of lemon juice or olive oil to soften.**
8. To prepare the sauce. In a bowl combine ¼ cup tahini, juice of 1 lemon, ¼ cup water to start, and salt and pepper to taste. Gently whisk together until a smooth sauce begins to form. If you find it is still a little too thick or you prefer a thinner dressing slowly drizzle in remaining water while whisking until desired consistency.
9. Assembling the bowl. Choose 2 shallow wide bowls and divide the grain evenly between the 2. Next arrange your kale, roasted veggies, and toppings of choice.
10. Drizzle with sauce and enjoy! Equally as good served warm or cold and is perfect for meal prep.

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