



SUMMER GRAIN BOWL

YIELDS: 2 LARGE MEAL SIZED BOWLS, OR 4 SMALL BOWLS

This grain bowl is great for making ahead of time in preparation for those summer days when you want to grab something from the fridge that is quick, easy and fresh! Feel free to substitute your favourite whole grain, spices, and whatever veggies are in season in your area.



Ingredients

GRAIN BOWL

- 1 cup Anita's Organic Emmer, or grain of choice
- 1 small head cauliflower, cut into small florets
- 2 persian cucumbers, sliced
- 6-8 cherry tomatoes, quartered
- 4 radishes sliced thinly
- 1 cup micro greens or sprouts
- 1 can chickpeas, rinsed and drained
- 4 tablespoons za'atar spice, or spice of choice, divided
- salt to taste

CREAMY HERB DRESSING

- ½ cup basil
- ½ cup cilantro
- ¼ cup green onion tops(not the whites)
- 5 tablespoons apple cider vinegar
- 2 avocados
- ¼ cup olive oil
- 4- 8 tablespoons water

Instructions

1. Preheat oven to 400F. While you are waiting, prepare the cauliflower and chickpeas.
2. Rinse the chickpeas then place them on a kitchen towel to gently pat dry, this will help them to get nice and crispy. Once dried, place on a parchment lined baking sheet, drizzle with olive oil and 2 tbsp of the za'atar spice and set aside.
3. Next rinse and pat dry the cauliflower then cut into small florets. Spread out evenly on a parchment lined baking sheet making sure none overlap. Drizzle with olive oil and the remaining 2 tablespoons of za'atar spice.
4. Bake the cauliflower and chickpeas for 25-30 minutes, tossing half way through, until the cauliflower is fork tender and the edges are golden brown. You may find that the chickpeas take a few minutes longer to get to the desired crispiness.
5. While the Cauliflower and chickpeas are baking, prepare your grain.
6. Rinse 1 cup emmer 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

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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).

7. Strain out any remaining water if necessary. Place to the side while you prepare your toppings and sauce.
8. Though we have chosen to use cucumbers, radishes and tomatoes you can get creative here using any seasonal veggies you prefer or might have available to you. Slice the cucumbers, Quarter the cherry tomatoes and very thinly slice the radishes and set aside till you are ready to assemble.
9. For the creamy herb dressing, place all ingredients into a high speed blender or into a container if you will be using an immersion blender, starting with the smaller amount of water. Slowly begin to blend until a smooth consistency forms and everything comes together. If you prefer a thinner dressing you can slowly incorporate the remaining water.
10. Assembling the bowl. Choose 2 shallow wide bowls and divide the grain evenly between the 2. Arrange the cauliflower, chickpeas, and chosen veggies however you desire adding the dressing to the center as we have to stir together, or if you have chosen a thinner dressing, drizzle on top.
11. This grain bowl can be enjoyed both warm or cold!