

WARM HARVEST GRAIN & VEGGIE SALAD



TIME REQUIRED:
30-40 mins

SERVING: 4-6

INGREDIENTS:

- 1 cup cooked farro or quinoa (or ancient wheat like Einkorn if tolerated)
- 1 cup roasted Brussels sprouts, halved
- 1 red bell pepper, roasted & chopped
- ½ cup dried cranberries (unsweetened)
- ¼ cup toasted walnuts
- 1 tsp fresh thyme
- 2 tsp balsamic vinegar

STEPS:

1. Toss grains, roasted vegetables, cranberries, and walnuts together.
2. Drizzle with balsamic vinegar and stir to combine.