



NAPA HARVEST GRAIN BOWL

SHOPPING LIST

Serves 4

Harvest Grain Bowl

1½ cups dry farro
4 cups Brussels sprouts, halved
3 cups cremini mushrooms, halved or quartered
1 delicata squash, halved, seeded, and sliced into ½" half-moons
1 cup seedless red grapes
½ red onion, sliced
⅓ cup crumbled feta
¼ cup sliced almonds
¼ cup dried cranberries
1 tablespoon fresh rosemary, finely chopped
Olive oil
Salt & pepper to taste

Pick Your Protein

Add chickpeas, chicken thighs, sirloin, or salmon. Prepare protein according to preference and add to the bowl before serving.

Maple-Dijon Vinaigrette

¼ cup olive oil
2-3 tablespoons apple cider vinegar
1 tablespoon Dijon mustard
1 tablespoon pure maple syrup
Salt & pepper to taste

Celebrate Whole Grains Month with a hearty Northern California take on a harvest grain bowl. Fiber-rich farro and roasted in-season vegetables form the base, while juicy grapes, crunchy almonds, sweet cranberries, feta, and fresh rosemary bring a balance of flavor and texture. Add your choice of protein and a drizzle of maple-Dijon vinaigrette for a satisfying meal that captures the flavors of early fall.

DIRECTIONS

- 1 Preheat the oven to 425°F.
- 2 Prepare farro according to package directions. Set aside.
- 3 Add mushrooms, Brussels sprouts, red onion, delicata squash, and grapes to a large sheet pan. Drizzle with olive oil and season with rosemary, salt, and pepper. Toss to coat and spread into an even layer. Roast for 25-30 minutes, or until the vegetables are tender and caramelized and the grapes are blistered.
- 4 While the vegetables roast, prepare the vinaigrette. Whisk or blend together olive oil, apple cider vinegar, Dijon mustard, maple syrup, salt, and pepper.
- 5 Divide the farro among four bowls. Top with the roasted vegetables and grapes, then add almonds, cranberries, and feta. Add your protein of choice, if desired.
- 6 Drizzle with maple-Dijon vinaigrette and serve.

WHOLE GRAIN SPOTLIGHT

Whole Grains

These contain all three parts of the kernel: the bran, germ, and endosperm. That means whole grains generally provide more fiber and variety of vitamins and minerals than refined grains. While some refined grains are enriched, fiber is not typically added back, making whole grains an important source of dietary fiber.

Fiber

Fiber is important for digestive and heart health. A general target for most people is 14 grams per 1,000 calories consumed. Whole grains, vegetables, fruits, beans, nuts, and seeds can all contribute fiber toward that goal.

Choosing a whole grain

Incorporate a variety of whole grains in your diet like farro, oats, barley, brown rice, quinoa, bulgur, and whole wheat breads and pastas.

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