

GRAIN BOWL WITH ROASTED CARROT HUMMUS

A healthy combination of flavors and textures - roasted carrot hummus, roasted zucchini sticks, flatbread triangles, white cannellini beans, farro (or grain of choice), green lentils and salad! At first glance this recipe looks complicated but follow the directions below and you will have a simple and nutritious grain bowl.



INGREDIENTS

- 3 medium carrots, (peeled and sliced thinly)
- 1 medium zucchini, (sliced into 4" sticks)
- 4 Tablespoons olive oil (2 for Roasting and 2 for hummus)
- 1 tablespoon Za'atar Seasoning
- 1 lemon (juiced and zested)
- 1 can cannellini Beans (drained) (½ for hummus and half for salad)
- 1 clove of garlic or ¼ teaspoon dried garlic
- ¼ cup chopped flat leaved parsley
- 1 pack pitta pockets or flatbreads
- 1 cup Farro or grain of choice
- 1 cup cooked green lentils
- Salt and pepper to season
- Salad – grated carrot, chopped pepper and greens.
- Sesame seed or garnish of choice
text

2 servings

INSTRUCTIONS



1. Preheat oven to 425°F.
2. Place carrots and zucchini on baking sheet (carrots on one side and zucchini on other side). Drizzle with 2 tablespoons olive oil and sprinkle with Za'atar Seasoning, salt and pepper. Toss, and roast the vegetables until soft, about 20 minutes. Keep oven hot for Pitta chips!

Meanwhile.....

1. Bring 2 cups water to boil add 1 cup of Farro.
2. Cover and boil for 10 minutes. Rinse under cold water and set aside

To make Hummus...

1. Place roasted carrots, ½ can cannellini beans, parsley, 3 tablespoon lemon juice, 2 tablespoon olive oil, salt, pepper and garlic in food processor.
2. Pulse to combine, slowly add 2 tablespoons of olive oil and 2 tablespoons of water (add more if needed to achieve a smooth consistency)

To make Flatbread Chips...

1. Cut a Pitta pocket in 8 pieces.
2. Arrange on baking tray. Bake in oven at 425°F for approx. 5 minutes.

Assemble Bowl

Using salad ingredients of your choice assemble the Grain bowl with hummus, zucchini sticks, remaining cannellini beans, lentils, farro, and salad ingredients.

And enjoy!

