



## Kitchen Clean-Out Grain Salad

4-6 servings

### Ingredients

3 cups of prepared grain of your choice

3 cups roasted vegetables

2 cloves fresh garlic (optional)

¼ cup acid of your choice

¼ cup oil of your choice

Salt and pepper to taste

2 tsp maple syrup, honey, or granulated sugar (optional sweeteners)

Additional seasonings and flavor options: curry powder, cumin, paprika, and more!

### Directions:

- 1) **Prepare your Grain:** Choose a forgotten grain from your pantry to be the foundation of your dish (as long as grains are stored in a clean, cool, dry environment they will not expire or go bad). Prepare your grains according to the directions on the package. Keep in mind that many grains expand when cooked- for example, 1.5 cups of uncooked barley will become 3 cups of barley when cooked.
  - a. Some great grain options include quinoa, barley, bulgur wheat, lentils, wild rice and more!
  
- 2) **Roast your Veggies:** Preheat your oven to 400 degrees F. Rinse vegetables and cut into 3/4 inch pieces. Spread out veggies onto a roasting pan, sprinkle with salt, pepper, and just enough olive oil to cover veggies. Roast in the oven for between 20 and 30 minutes. Tip: some veggies will need to cook longer than others (potatoes take much longer than cauliflower), so keep veggies separated so that some can be removed from the oven sooner than others.
  - a. Some great vegetable options include: onions, potatoes, sweet potatoes, cauliflower, broccoli, carrots, peppers, and more!
  
- 3) **Prepare the dressing:** Mix and match an acid, oil, and seasonings based on what you have on hand. See examples below for ideas. Start by adding slightly under ¼ cup each of the acid and oil so that you can adjust the proportions after tasting your dressing as some oils and acids will have stronger flavors than others.
  - a. Acid options: fresh lemon or lime juice, balsamic or white balsamic vinegar, apple cider vinegar, and more.
  - b. Oil: While olive oil is the standard choice in many kitchens, you can also use up other oils in the back of your cupboard like grapeseed oil, almond oil, sesame oil, and more. Be aware that some oils like peanut oil have strong flavors that could dominate the flavor of your dressing.
  - c. Add Seasonings and Sweeteners (optional): salt and pepper your dressing to taste. Mince fresh garlic and add to dressing. To add heat to your dish, add ¼ tsp of cayenne pepper. Or, throw in 1-2 tsp of curry, cumin, or others to add a flavor

twist. If your dressing is tart or sour, add 2 tsp of sweetener, such as maple syrup, honey, or sugar. Mix well.

- d. Combine and Enjoy: Combine your grain, roasted veggies, and dressing and mix until the dressing is evenly distributed.