



QUALITY KITCHENWARE
COOKING CLASSES & CULINARY INSPIRATION

Autumn Harvest Bowls with Lemon-Tahini Dressing

Serves 2

INGREDIENTS:

1 beet, peeled & cut in 1/2" cubes, roasted
1 sweet potato, peeled & cut in 1/2" cubes, roasted
4 leaves kale, trimmed from stalk, chopped, and well-massaged with olive oil and kosher salt
1/2 cup quinoa, cooked
1/2 head cauliflower, cut into florets, roasted
handful of chopped walnuts
handful of dried cranberries

LEMON-TAHINI DRESSING

5 tbsp olive oil
3 tbsp tahini
5 tbsp fresh lemon juice (about 1 large lemon)
pinch of kosher salt
dash of cayenne
dash of turmeric
1 clove garlic, minced

DIRECTIONS:

1. Preheat oven to 400°F. On a large roasting pan, place the beets and sweet potato cubes on opposite ends (so the beets don't bleed on the sweet potatoes). Roast for 15 minutes or until the sweet potatoes are tender to the tip of a knife. Remove the sweet potatoes from the pan; replace with the cauliflower florets keeping the beets in place. Return the pan to the oven and roast for about 15 more minutes until both the cauliflower and beets are nicely roasted and fork-tender.
2. Meanwhile, prepare the quinoa on the stovetop using a 2:1 liquid-to-grain ratio. (Use a 2:1, liquid-to-grain ratio. For the liquid, use your favorite broth or lightly salted water. Bring the liquid to a boil, add the grain; Stir, cover, and turn down the heat to the lowest setting. Check at the 15 minute mark to see if the grains are tender, or if more liquid is needed to finish the cooking. The tiny kernels expand as they soak up the cooking liquid. When tender and ready, you'll see a tiny curlicue emerge; this is the beginning of a quinoa sprout, and a telltale sign of doneness.)
3. Prepare the Lemon-Tahini dressing by whisking all the ingredients together.
4. Prepare the kale and massage until tender. Follow these steps to prep the kale leaves. Wash well and air dry. Remove the tough stem and leaf rib. Tear or chop the leaf into bite-sized pieces. Massage the pieces vigorously with a bit of olive oil and a sprinkle of kosher salt until they turn dark green and tender.)
5. Once all the items are prepared, arrange all the ingredients in large individual serving bowls. Your Autumn Harvest Bowl is ready to enjoy!