

Salt and Serenity

Grain Bowls

Serves 4

Slightly adapted from the epicurious.com recipe for Grain Bowls with Chicken, Spiced Chickpeas and Avocado

This recipe is really meant to be a guide. Just use what is fresh and available. Mix it up and be creative. I like to put all the ingredients in little bowls and set up a mini buffet. It's a fun and interactive way to get your family or friends involved and that way everyone can take just what they like.

Serves 4

Chickpeas:

2 teaspoons olive oil

1 (15.5-ounce) can chickpeas, drained, rinsed, patted dry

1/2 teaspoon ground cumin

1/2 teaspoon smoked paprika (hot or sweet)

1/4 teaspoon kosher salt

Pickled Red Onions:

1/4 cup red wine vinegar

1/4 cup water

1 tablespoon Kosher salt

1 1/2 teaspoons sugar

1/2 large red onion, thinly sliced

Dressing:

1 cup Italian parsley leaves

1/2 cup mint leaves

1 cup extra-virgin olive oil

6 tablespoons fresh lemon juice

1 teaspoon honey

1/2 teaspoon kosher salt

For Corn:

3 cups of fresh corn kernels (cut from 2 ears of corn)

2 teaspoons vegetable oil

1/4 teaspoon Kosher salt

For assembly:

4 cups cooked farro, barley, or brown rice (I like a mix of brown rice and farro, some people like this with quinoa. Not me!!)

4 cups shredded cooked chicken (from a supermarket rotisserie chicken)

2 mini seedless cucumbers, quartered and diced

3 radishes, thinly sliced

- 1 small broccoli, florets cut into small pieces, stem peeled and thinly sliced
- 6 Brussels sprouts, halved and thinly sliced
- 2 plum tomatoes, diced
- 2 avocados, halved, pitted, sliced
- ¼ cup toasted almonds, coarsely chopped

1. Prepare the chickpeas: Preheat oven to 400°F. On a rimmed baking sheet, toss chickpeas, oil, cumin and smoked paprika. Spread chickpeas out into a single layer. Bake for 15 minutes. Shake pan to turn chickpeas and continue baking until chickpeas are golden brown and crisp, another 10-15 minutes. Transfer to paper towels and season immediately with salt.
2. Prepare pickled onions: In a small bowl, whisk together the vinegar, water, salt and sugar together. Add the red onions and let them "pickle" for about 30 - 60 minutes. Drain onions and discard pickling liquid.
3. Make the dressing: Place parsley, mint lemon juice, honey and salt in a blender. Turn on blender and coarsely chop herbs. Slowly pour oil, through the hole at the top of the blender and process until smooth and creamy. Transfer to a glass jar.
4. Heat a large non-stick sauté pan over medium-high heat. Add vegetable oil and let it heat up for a minute. Add corn kernels and cook, tossing often, until lightly golden brown, about 4 minutes. Season corn lightly with salt.
5. Place all the ingredients in little bowls and set up a buffet. Let your guests assemble their own bowls.