



### **Veggie & Grain Bowl with Spicy Peanut Sauce - Serves 6**

8.8 oz. package Full Circle 5-grain blend

(Big Y carries this) or any other type of healthy grain you like  
2 large sweet potatoes, cooked at 350° until tender, cooled, and cut in bite-size pieces

2 crowns broccoli, washed and cut into small florets

1 small head cauliflower, washed, cored, and cut into small florets

1 bunch of scallions, washed, with bottom white part removed, chopped in 1" pieces

Sauce:

1/3 c. smooth peanut butter

3 T. vegetable oil

2 T. soy or teriyaki sauce

2 T. sherry vinegar

2 T. hot water

1/2 t. siracha rub spice mix

1 t. red pepper flakes

pinch of salt

1 T. sherry vinegar, divided

Cook the 5-grain mix or any other grain you like according to package directions. Set aside and cover to keep warm. In a small bowl, whisk the sauce ingredients listed in recipe. Taste, then season with salt & pepper to taste and set aside.

Heat oven to 450° and place a large baking sheet with sides in the oven while it preheats. In a large bowl, combine the siracha spice rub mix and 3 T. olive oil, add the prepared cauliflower and broccoli, a teaspoon each of salt & pepper and toss to coat. When the oven is ready, remove the baking sheet, add the veggies (and place the scallions to one side the pan on its own), return pan to oven and roast veggies 25 minutes, or until browned and tender when pierced with a fork. Remove from oven and set aside. (If you love other veggies - peppers, carrots, beets or green beans would all work here.)

Set out the grains, roasted vegetables, sweet potatoes and dressing and let everyone make their own bowl.