

# HARVEST BOWLS

Prep Time: 25 minutes | Total Time: **1 hour and 25 minutes** | Servings: **4**

## INGREDIENTS

1 pound Brussels sprouts	1 1/2 teaspoons kosher salt, divided
2 2/3 cups chicken broth	1 teaspoon ground pepper
1 1/2 cups wild rice blend	1 teaspoon garlic powder
2 cups fresh baby kale	1 teaspoon paprika
1/2 cup crumbled goat cheese	1/4 teaspoon cayenne
1/4 cup roasted, salted almonds, coarsely chopped	2 small sweet potatoes, cut into 1/2 in cubes
3 tablespoons balsamic vinegar	1 rotisserie chicken, about 2 pounds
2 tablespoons unsalted butter	1 Honeycrisp apple, cored and cubed
2 tablespoons olive oil	1 garlic clove
2 teaspoons honey	
2 teaspoons Dijon mustard	



## INSTRUCTIONS

**For the bowls:** Preheat oven to 450 degrees Fahrenheit. Place the rice blend in a fine mesh sieve. Rinse the rice under water, using your hand to move the rice around for about 1 minute. Place the rice in a medium saucepan with the broth, butter and 1/2 teaspoon of salt. Bring the mixture to a boil over medium-high heat. Reduce the heat to low, cover and cook until the rice is tender, 45 minutes. Remove the pot from the heat and keep the rice covered for another 15 minutes. Fluff the rice with a fork. Meanwhile, line a large baking sheet with foil. Add the brussels sprouts and sweet potato. Drizzle the vegetables with olive oil, tossing to coat. Sprinkle with the remaining 1 teaspoon of salt, pepper, garlic powder, paprika and cayenne, tossing to coat. Roast until the vegetables are tender and browned, about 25 minutes, stirring halfway through.

**For the balsamic vinaigrette:** In a mason jar, add the balsamic vinegar, honey, mustard, garlic, salt and pepper. Place the lid on the jar and shake vigorously until the ingredients are well combined, about 15 seconds. Add the olive oil and shake the closed jar again until the dressing is well emulsified. Store in the refrigerator and shake well before using. Remove the skin and bones from the chicken. Shred or cut the meat into cubes, as desired.

**To serve:** Divide the baby kale among 4 bowls. Spoon on the wild rice and divide the brussels sprouts, sweet potato, chicken, apple, goat cheese and almonds. Drizzle with the balsamic vinaigrette.