

# Harvest Bowl with Maple Dressing JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 1 small butternut squash, cubed (about 2 cups)
- 1/2 head broccoli, chopped
- 4 carrots, chopped
- 3 beets, chopped
- 2-3 tbsp extra-virgin olive oil
- 1 tsp garlic powder
- 2 tbsp dried rosemary
- Sea salt + pepper to taste
- 1 cup brown rice or brown basmati rice
- 2 cups water
- 2 large handfuls arugula or spinach

## Dressing

- 1/2 cup extra-virgin olive oil
- 2-3 tbsp maple syrup
- 4 tbsp apple cider vinegar
- 2 tbsp dijon mustard
- Garnish with ¼ cup pumpkin seeds\*

## Instructions:

1. Preheat the oven to 375 C and line 2 sheet pans with parchment paper.
2. Bring 2 cups of water to a boil and add rice, reduce to low temperature with lid on. Cook according to package instructions (usually 30-45 minutes).
3. Evenly spread butternut squash, broccoli, carrots and beets on sheet pans. Place broccoli on its own sheet pan as it will cook faster than the other ingredients. Drizzle with olive oil and season with garlic powder, rosemary and sea salt and pepper. Bake for 25-30 minutes. Check the doneness of broccoli at 20 minutes and remove from the oven if done.
4. Meanwhile, in a mason jar, combine salad dressing ingredients and give a good shake to mix or whisk together in a small bowl.
5. Once all the vegetables are cooked, in a large bowl, combine with the rice and arugula. Add the dressing and mix to combine. Finally top with pumpkin seeds.

## Notes:

Serves 4 as a side dish to a main. \*To toast the pumpkin seeds, place on a sheet pan and bake at 350C for about 10 minutes until they get nice and crunchy.