



Copycat True Foods Kitchen Ancient Grains Bowl

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I love the Ancient Grains Bowl at True Food Kitchen so much that when I am not in California I have to make my own version! I love this one as is, but also sometimes add rotisserie chicken or *sautéed* shrimp.

Course dinner, lunch
Cuisine Asian
Keyword gluten free, grain bowl, roasted sweet potatoes, vegetarian

Prep Time 10 minutes
Cook Time 40 minutes
Total Time 50 minutes

Servings 2 servings

Ingredients

- 2 sweet potatoes, peeled and diced 1/2"
- 1 small red onion, peeled and sliced
- 1-2 tablespoons extra virgin olive oil
- sea salt and pepper to taste
- 2 servings ancient grains of your choice, cooked to package instructions (see notes above in blog post) You can also use straight up quinoa
- 1 1/2 tablespoons honey
- 1 tablespoon Sambal Oelek (add more or less depending on how you like the heat!)
- 1 tablespoon dijon mustard
- 1/2 cup snow peas
- 3/4 cup mushrooms, sliced
- 1 ripe avocado, sliced
- 1 tablespoon chives for garnish

Optional ingredients:

- sliced rotisserie chicken or shrimp *sautéed* in olive oil, if you want to add protein
- pesto, the TFK version contains a dallop of pesto. I love it, but it's not a game changer, so with or without is fine. Use store bought or my recipe link in blog post above

Instructions

1. Preheat oven to 425 degrees, place oven rack in upper third position in oven. Cover a rimmed cookie sheet with parchment paper, set aside
2. Prepare potatoes and onion, place on parchment covered cookie sheet, drizzle with olive oil, sprinkle with sea salt and freshly ground pepper, toss. Be sure all veggies are glistening with oil
3. Place in oven and set the timer for 35 minutes
4. After potatoes and onions have been in the oven for 15 minutes or so, start cooking grains. The time it takes for the grains to cook will depend on which grains you buy, so be sure to check timing. Also, I find that many instructions on these grains are not spot on. My grains are almost always done before all the water is absorbed. If this happens to you, just drain the extra water using the pot lid rather than continuing to cook.
5. While grains cook, slice mushrooms and chives. Whisk together honey, sambal oelek and dijon mustard, set aside
6. When timer goes off, check potatoes. If they are almost done (crispy browned edges) add mushrooms and snow peas to pan and set timer for 5 more minutes. (If potatoes need a little more time, be patient, ovens vary, just add veggies when potatoes are almost done)
7. Remove veggies from oven, divide cooked grains into two bowls, top with veggies, drizzle generously with sauce, leaving some in a small bowl to use as needed. Add avocado, chives and a dallop of pesto if using. Serve!