

# Heart Healthy Winter Grain Bowl

Serving size: 6 servings



## INGREDIENTS

- 3 oz red beets, cubed
- 1.5 lb sweet potatoes, cubed
- 1 tsp olive oil
- 1 cup wild rice, uncooked
- ½ cup dried cranberries
- 8-10 cups baby kale
- 1/3 cup parmesan cheese
- ¼ cup pistachios

## Balsamic Dressing

- 3 oz balsamic vinegar
- 1 oz olive oil
- 2 tsp Dijon mustard

## INSTRUCTIONS

1. Preheat oven to 425°. Toss beets and sweet potatoes in olive oil, spread on baking sheet. Roast for 30 minutes.
2. Cook wild rice according to package directions.
3. Blend dressing ingredients together in a blender or food processor until smooth.
4. In a large bowl, combine beets, sweet potatoes, wild rice, and cranberries.
5. To serve, scoop prepared ingredients onto a pile of kale. Top with parmesan, pistachios, and dressing. Enjoy!