

Autumnal Rice Bowl



Ingredients (for 1 serving size):

For rice:

- 1/2 cup uncooked rice
- 1/2 cup water
- 1 tbsp oil
- salt

For roasted veggies:

- 1 small stalk of Brussels sprouts*
- 1 can of chickpeas

- oil
- salt
- pepper
- paprika
- garlic powder
- onion powder

Optional Toppings:

- chile oil
- soy sauce
- crispy onions
- shredded parmesan

Instructions:

1. Rinse your rice until the water runs clear.
2. Put your rice in your rice cooker with your water, oil, and salt, and cook, or cook on the stove top according to instructions on the box/bag.
3. Preheat the oven to 400 degrees F.
4. Drain and rinse your chickpeas. Toss them in your oil and spices. Toss the Brussels sprout stalk in oil and spices as well to coat.
5. Place your stalk and chickpeas on a baking sheet and bake for 20 minutes, flipping the Brussels sprout stalk and tossing the chickpeas halfway through. If you like your veggies more crispy, you can leave them in for a few extra minutes.

6. To plate, I left my Brussels sprouts on the stalk, but you can remove the round sprouts if you like. Top with a scoop of the cooked rice with the chile oil, soy sauce, and crispy onions and add chickpeas. Top the veggies with grated parmesan (optional).

7. Enjoy!

*If your stalk still has leaves attached, remove, chop, and add to the dish or save for later in the refrigerator. Brussels sprouts can be removed or left on the stalk for roasting and/or serving if you prefer.