

## GRILLED VEGGIE FARRO BOWLS

Serves: 4

If to have other veggies you want to use, go for it! Just pay attention to cooking times since root vegetables like carrots take longer to cook.

### sauce ingredients

1 tablespoon extra-virgin olive oil  
3 cloves of garlic, finely chopped  
¼ cup fresh cilantro, chopped  
2 tablespoons fresh lime juice  
2 teaspoons agave nectar (or honey)  
1 teaspoon chili powder  
1 teaspoon ground cumin  
1 teaspoon dried oregano  
¼ teaspoon salt  
¼ teaspoon black pepper

### bowl ingredients

2 cups cooked farro (or brown rice)  
1, 15.5 ounce can garbanzo beans, rinsed & drained  
*Black beans work great too!*  
1 zucchini, cut into half moons  
1 yellow squash, cut into half moons  
½ head of cauliflower, cut into florets  
½ red onion, sliced  
1 red pepper, sliced  
½ teaspoon cumin  
½ teaspoon chili powder  
2 tablespoons extra-virgin olive oil  
Salt and pepper, to taste  
1 avocado, diced or sliced

### directions

Start by cooking your [farro](#) (or grain of choice).

**Pro Tip:** Farro can take up to 35 minutes to make, so start this first. If you want an easier way out, we like Trader Joe's 10-Minute Farro. Unfortunately, we have to drive a good distance to get it, so it's not in the house that often. Alison often makes grains, such as farro, in her [multi-cooker](#).

Chop and dice all of the vegetables. Add them to a bowl.

**Pro Tip:** Cut your vegetables to the same size/thickness for even cooking.



Toss the veggies in olive oil, cumin, chili powder, salt and pepper. If you have time, let them marinate for at least 15 minutes (up to an hour).

**Pro Tip:** *Vegetables are mostly water. Marinating the vegetables will not only help prevent the vegetables from drying out on the grill, but it can really enhance the flavor as well.*

While the veggies are marinating, heat the grill to medium-high heat. (If you're attempting this recipe during the dead of winter, preheat the oven to 425 degrees.) Once marinated, add the veggies to a grill basket ([we have something like this grill basket](#) and it works great) or create an aluminum foil packet. Once the grill pre-heated, add the vegetables to the grill. Grill for about 12 - 15 minutes.

**Pro Tip:** *Be sure to watch the veggies and stir them every 5 minutes or so. This will help them cook evenly. Grilled vegetables are best when cooked to al dente (just cooked).*

While the veggies are on the grill, combine all of the sauce ingredients into a small bowl. Set aside. Then, open and rinse the garbanzo beans. They don't need to be cooked, but if you prefer them warm, throw them in the grill pan once the veggies are almost done.

Once the veggies, garbanzo beans, and the farro are done, you're ready to dish up. In our household, we let everyone add their own sauce to the bowl and top with avocado.



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