



Makes 8 cups
Preparation Time: 20 minutes
Cook Time: 25 minutes

INGREDIENTS:

CREAMY THYME DRESSING

½ cup canned no-salt-added garbanzo beans (chickpeas)

½ cup unsweetened, unflavored plant-based milk

2 tablespoons lemon juice

1 tablespoon nutritional yeast

1 teaspoon Dijon-style mustard

½ teaspoon dried thyme, crushed

SALAD

12 oz. whole cremini mushrooms, large mushrooms halved

1½ cups fresh Brussels sprouts, halved

1½ cups grape tomatoes

2 large shallots, quartered

1 head garlic, cloves separated and peeled

Sea salt and freshly ground black pepper, to taste

3 cups cooked whole grain blend

2 tablespoons pine nuts, toasted

½ cup Creamy Thyme Dressing

Warm Roasted Vegetable Mixed Grain Salad with Creamy Vegan Dressing

With a creamy dressing, hearty roasted veggies, and plenty of grains, this is a super nourishing salad. Note that the recipe calls for cooked grains, so be sure to have those ready to go: To keep it interesting, choose a prepared grain blend that contains at least three whole grains, such as brown rice, quinoa, barley, millet, farro, and/or rye.

By Shelli McConnell

- 1** Make the Creamy Thyme Dressing: In a small blender or food processor combine no-salt-added garbanzo beans, unsweetened unflavored plant milk, lemon juice, nutritional yeast, Dijon-style mustard, and dried thyme. Cover and blend until smooth. Set aside ½ cup dressing; store the rest in an airtight container in the refrigerator for up to 5 days.
- 2** Preheat oven to 425°F. Line a 15×10-inch baking pan with foil. Arrange mushrooms, Brussels sprouts, tomatoes, shallots, and garlic on the prepared pan. Drizzle with 2 Tbsp. water. Season with salt and pepper. Roast about 25 minutes or until vegetables are browned and tender.
- 3** Arrange vegetables over whole grain blend on plates. Sprinkle with pine nuts. Serve warm or at room temperature with Creamy Thyme Dressing.