Stake Women's Conference Menu

GRAIN BOWL

- Arugula
- Farro (EVOO, lemon juice, parsley, kosher salt, black pepper)
- Quinoa (vegetable broth, EVOO, lemon juice, parsley, kosher salt, black pepper)
- Roast Sweet Potatoes (EVOO, smoked paprika, parsley, kosher salt, black pepper)
- Roast Beets (EVOO, thyme, kosher salt, black pepper)
- Roast Carrots (maple syrup, olive oil, thyme, kosher salt, black pepper)
- Smoked Grilled Chicken (b/s chicken thighs, yellow mustard rub, seasoning salt)
- Black Beans
- Chickpeas
- Steamed Edamame (kosher salt)
- Sweetened Dried Cranberries
- Toasted Pecan Pieces
- Roasted Pumpkin Seeds (EVOO, sea salt)
- Crumbled Feta
- Lemon Herb Vinaigrette (recipe attached
- Lemon Tahini Dressing (recipe attached)
- Orange Balsamic Vinaigrette (recipe attached)

NOTE: There are an infinite number of variations to this recipe. Substitute mixed greens for arugula, brown rice for the grains, roasted veggies of any kind including broccoli, Brussel sprouts, cauliflower, zucchini. Serve with or without meat. Use whatever you like and whatever you have in your refrigerator.

DESSERT: Lemon Raspberry Blondies (recipe attached)