

# Wholesome Harvest Power Bowl & Apple Halwa

Inspired and adapted from [Dishing Out Health](#) & [Hebbar's Kitchen](#)



- 2-3 large beets
- 2 cups of diced butternut squash
- 3 cloves of garlic, minced
- 2 cups of Brussels sprouts, halved
- 4 tablespoons olive oil, divided
- ½ teaspoon paprika
- ½ teaspoon cumin
- ½ teaspoon onion powder
- 1 cup dry quinoa
- 1 ¼ cups of water
- 1 bunch of kale, spines removed and torn into bite size pieces

## Dressing #1 Option – Honey Mustard

- ¼ cup olive oil + 2 tbsp honey +
- 1 tbsp apple cider vinegar + 2 tsp
- Dijon mustard + ¼ tsp salt

## Dressing #2 Option – Tahini Dressing

- ⅓ cup tahini + 1 tbsp apple cider + 1
- tbsp maple syrup + 2 tbsp water +
- 1 tbsp orange juice

1. Preheat oven to 400°F
2. Peel and cut beets into quarters, and wrap in a tinfoil pouch. Drizzle with 1 tablespoon olive oil.
3. Place diced butternut squash on a baking sheet. Place Brussels Sprouts on another sheet.
4. Mix garlic, onion powder, cumin, paprika and olive oil. Drizzle over the squash and Brussel sprouts. Add salt and pepper, and mix seasoning into vegetables with your hands.
5. Place beets and butternut squash in the oven and roast for 45-60 min (until tender).
6. Once the beets and squash have been cooking for half an hour place Brussels sprouts also in the oven and roast for 20-25 min, or until golden brown on edges.
7. Once all veggies are in the oven roasting, combine the quinoa and water and bring to a boil. Reduce the heat and simmer covered for 12-14 minutes, until fluffy.
8. While waiting for everything to cook, combine your chosen dressing ingredients together.
9. Finally, in each serving bowl lay a bed of quinoa, and add butternut squash, beets, Brussels sprouts and kale. Drizzle with your dressing and mix. ENJOY!

## Bonus Recipe – Apple Halwa

- 2 tbsp butter (or ghee)
- 4 apples – shredded with skin on
- 2-3 tbsp sugar
- 1 tsp vanilla
- ¼ tsp cinnamon
- ¼ cup nuts (optional)

1. Melt butter in a large pan, then add shredded apples. Simmer until juices have disappeared, and the mixture softens and thickens.
2. Add the sugar, and continue to cook for a couple minutes.
3. Then add the vanilla and cinnamon, and nuts if choose to do so, stirring in.
4. Allow to cook together for another 1-2 minutes, then serve!

# #localfoodclub

Nothing yells “Ontario Harvest” like an October Local Food Club! We hope you’re enjoying the beautiful colours, the crisp air, and the smells of fall like we all are. Most of all, we hope you enjoy this extra bountiful LFC pack.

This LFC we have used a recipe that combines some favourite harvest products into one wholesome bowl! The all-Canadian quinoa base of the dish was provided by Quinta, based out of Katan Kitchens in Wellington County. Lennox Farm provided their famous Brussels sprouts. Fiddle Foot Farm added their delicious beets to roast, and their fresh kale to brighten up the bowl. Am Braigh Farm grew the beautiful butternut squash to add to the dish. A big thanks to Albion Hills Community Farm for providing us garlic, along with insisting we include their pie pumpkins for this October’s pack! Finally, the fresh Spy apples were grown and sold by **Giffen’s** County Market in Glen Huron. The apples can be used for the Apple Halwa any day too if you’re short on time. Apple Halwa is dessert often used during the upcoming Diwali celebration! This recipe is just pouring out with fall flavours, all within the Headwaters region, or our neighbours!

We love feedback; it helps us learn, grow and plan for YOU! You can find HFFA on Twitter, Instagram and Facebook, so send us (and each other) pictures of your LFC meal... any way you want to follow, share, like or hashtag we look forward to it.

We know this recipe may seem cumbersome with all the chopping and roasting. However, roasting vegetables, especially fall harvest veggies, is one of the best ways to make flavours pop, while keeping nutrients intact! Besides, once the vegetables are cut up and seasoned, the oven does all the work. Learning just how to cut up certain foods is a lifelong skillset that can be taught and modelled at even young ages. Not sure how to cut up certain foods, such as a butternut squash? Luckily there are tonnes of [videos and instructions](#) now online (that the kids can help find) to help the whole family learn.

## From the LFC Test Kitchen

We recommend getting things roasting as soon as possible. After that, the rest of the recipe is a breeze.

Make sure the beets and butternut squash are nice and tender, and the Brussels sprouts are starting to turn golden brown.

If the family is not a fan of either dressing, their favourite salad dressing, such as balsamic or Italian work great too!

## Now You Know

Brussels sprouts really are named after Brussels, the capital of Belgium! Their stalks can grow up to 2-3 feet tall, and as you can see, each sprout resembles a mini cabbage – making them part of the cruciferous vegetable family.

Brussels sprouts are packed with nutrients, and have even been used to produce enough energy to [light a Christmas tree!](#) That’s one powerful veggie!

## this month's local food is from...

**Quinta – Katan Kitchens**  
[quinta.ca](http://quinta.ca)

**Am Braigh Farm**  
[ambraighfarm.com](http://ambraighfarm.com)

**Albion Hills Community Farm**  
[albionhillscommunityfarm.org](http://albionhillscommunityfarm.org)

**Fiddle Foot Farm**  
[fiddlefootfarm.com](http://fiddlefootfarm.com)

**Giffen’s Country Market**  
[giffens.ca](http://giffens.ca)

**Lennox Farm**  
[lennoxfarm.ca](http://lennoxfarm.ca)

The Local Food Club is a project of Headwaters Food & Farming Alliance, a project of Headwaters Communities in Action.

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