



Roasted Vegetable and Wild Rice Bowls

with Red Pepper Sauce

We're going for the full rainbow effect with these veggie-packed bowls. Zucchini, corn, tomatoes, and red onion roast until tender, then are served over nutty, fragrant wild rice. A tangy, smoky roasted red pepper sauce adds another pop of color and brings everything together. Grab your kitchen companion to stir the goat cheese into the rice for added richness, prepare the basil garnish, and drizzle over the sauce.

20–30 minutes 510 calories per serving

Ingredients

- ¾ cup wild rice
- 6 ounces zucchini
- 1 lemon
- 1 red onion
- 1 clove garlic
- 1 cup corn
- ½ pint cherry tomatoes
- ¼ cup roasted red peppers
- 1 packet sour cream
- 1 packet honey
- 1 ounce crumbled goat cheese
- ¼ ounce basil

You'll need

- olive oil
- kosher salt
- black pepper
- 6" small pot with lid
- baking sheet
- blender or food processor (optional)

Recipe tips

Be sure to read through the entire recipe before you begin cooking. Trust us—you'll be glad you did!

Raw garlic can have a strong flavor, so we recommend using half a garlic clove for the sauce. Save the remainder for another recipe.

If you don't have a blender, finely chop roasted red peppers and garlic and combine in a bowl with remaining sauce ingredients. The sauce won't be as smooth, but it will still taste delicious.



1. Cook wild rice

Preheat oven to 425°F. In a small pot, combine **wild rice**, **1½ cups water**, and **¼ teaspoon salt**. Bring to a boil over high heat. Stir once, reduce heat to medium low, cover pot, and simmer until water is absorbed, 20–25 minutes. Remove pot from heat. Fluff **wild rice** with a fork, then cover again to keep warm until ready to serve.



2. Prepare ingredients

While wild rice cooks, rinse all produce. Quarter **zucchini** lengthwise, then cut crosswise into ½-inch pieces, discarding ends. Halve **lemon**. Peel **onion**, halve, and thinly slice. Halve **garlic clove**.



3. Roast vegetables

On a baking sheet, toss **corn**, **whole cherry tomatoes**, **zucchini**, and **onion** with **1 tablespoon olive oil**, **¼ teaspoon salt**, and **black pepper** as desired. Arrange in a single layer and roast until vegetables are tender, 12–15 minutes.



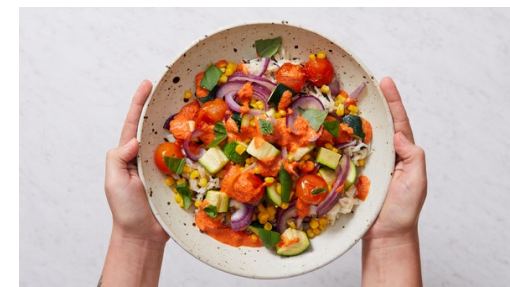
4. Prepare red pepper sauce

While vegetables roast, in a blender or food processor, combine **roasted red peppers**, **sour cream**, **half of garlic clove** (see recipe tip), **1 teaspoon water**, **¼ teaspoon salt**, and **black pepper** as desired. Blend until smooth (see recipe tip). Set **red pepper sauce** aside until ready to serve.



5. Finish wild rice

In a small bowl, whisk together **honey**, **juice of ½ lemon**, **1 tablespoon olive oil**, **¼ teaspoon salt**, and **black pepper** as desired, then add to pot with wild rice and stir to combine. Gently fold in **goat cheese** to combine (enlist your kitchen companion for this part). Use remaining lemon to brighten a glass of water.



6. Plate wild rice bowls

Divide **wild rice** between serving bowls and top with **roasted vegetables**. Roughly chop or tear **basil** leaves, discarding stems, and sprinkle over bowls—another great task for your kitchen companion. Drizzle over **red pepper sauce** and dig in!