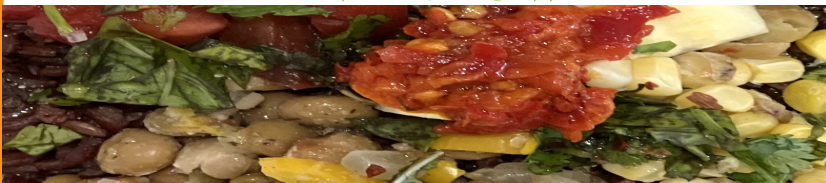


FARMER'S BOWL



Ingredients:

Serves: 4

For "Everyday Beans & Peas": one tsp olive oil, 1/2 cup chopped onion, 1/2 cup chopped red pepper, 1 tsp minced garlic, one bay leaf, one tsp veggie heaven, one 15.5 oz can cannellini beans drained, one 15 oz can pigeon peas drained, one cup filtered water.

For Bowl: one cup cooked Ralston Farm red rice, one zucchini, one large heirloom tomato, two ears of corn, 2 Tbsp chopped herbs, 2 Tbsp Veggie Heaven Vinaigrette, 1 1/2 tsp Fennel and Fire Fire Salt, optional: 1 tsp Calabrian pepper sauce

For Vinaigrette: 4 Tbsp Olive Oil, 2 Tbsp red wine vinegar, 2 tsp Veggie Heaven, 1 tsp yellow mustard, and 1 tsp maple syrup

Directions:

Step One: Soak 1 cup Ralston Farm Red Rice overnight. Cook according to directions.

Step Two: Make "Everyday Beans & Peas": in a pan, add 1 tsp of olive oil, add chopped onions, saute for 2 min, add chopped red peppers, saute for two more min, add garlic, 1 tsp of Fennel and Fire Veggie Heaven, and bay leaf. Saute on med-low for one min. Add drained cannellini beans, drained pigeon peas, and 1 cup of water. Bring to a boil, then reduce to a simmer for 10 min. Remove from heat, drain, reserving the liquid.

Step Three: prepare vegetables. Zucchini: peel and chop. Tomato: chop and sprinkle with 1 tsp Fennel & Fire Fire Salt. Corn: 1. Microwave ears with the husk for 7 min. 2. Remove from microwave and let cool a few minutes. 3. Shuck corn and cut kernels off ears. Herbs: chop

Step Four: Make Veggie Heaven Vinaigrette. In a mason jar combine 4 Tbsp olive oil, 2 Tbsp red wine vinegar, 2 tsp Veggie Heaven Spice Blend, 1 tsp yellow mustard, and 1 tsp maple syrup. Tightly screw on the lid. Shake vigorously to combine.

Step Five: Assemble Bowl: add 1/2 cup of rice to a bowl. Pour 2 Tbsp of reserved bean liquid on rice. Top rice with 2-3 Tbsp of tomato, zucchini, corn, and 1/2 cup of beans. Sprinkle with herbs. Drizzle 2 Tbsp of vinaigrette over vegetables. Finish with Fennel and Fire Fire Salt to taste. Optional: for added heat, top with 1 tsp of Calabrian pepper sauce.

Serve at room temperature.