

## Hearty Grains and Greens

Wednesday, January 14, 2025

6:30pm CT

### **What to expect in your cooking class:**

My classes are a place where curious home chefs and their families can learn new cooking skills and grow confidence in the kitchen. I want to help you become the hero of your mealtime. I will verbally guide you through every step - starting from prepping ingredients, cooking steps until your dishes are complete and plated. I will be cooking alongside you, sharing instructions, tips and tricks throughout class.

*Your class is your time to ask me questions, ask for feedback, learn a little something and most importantly, have fun!*

### **How to prepare for your class:**

- For class, simply purchase your ingredients & gather your kitchen equipment from the following recipes. For a more relaxed class, prep your ingredients ahead of time (chopping, measuring). This is not required, however, as I will guide you through every step of preparation.
- Shop for ingredients intuitively. If there are any ingredients featured in this recipe that aren't your favorite or not available in your local market, not to worry! Have the ingredients you enjoy or ingredients you were able to source available for class and let me know what you do have on hand for your dish. I will guide you through the preparation and cooking steps.
- Before your class starts, it's important that you have a solid internet connection, limited background noises and distractions, and are in a brightly-lit kitchen.
- I will want to see your work and cook stations as much as possible. Try to prop your device on a stack of cookbooks or use a tripod to give a good view to me.

Kristyn Slick

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## **Lemon Tahini Farro Bowl with Roasted Vegetables**

### *Farro Base*

1 cup dry farro  
3 cups water or broth  
½ tsp salt

### *Roasted Vegetables*

2 cups diced sweet potato  
½ red onion, sliced  
1 tbsp olive oil  
¼ tsp each salt and pepper

### *Greens & Toppings*

3 cups chopped baby kale  
1 can (15 oz) chickpeas, drained  
and rinsed

Olive oil

### *Lemon Tahini Dressing*

¼ cup tahini  
2 tbsp lemon juice  
1 small clove garlic, minced  
2–4 tbsp warm water (to thin)  
Salt to taste

## **Instructions**

Rinse farro and combine with water and salt in a saucepan. Bring to a boil, reduce heat, and simmer uncovered for 25–30 minutes until tender but chewy. Drain if needed and keep warm.

Preheat oven to 425°F. Toss sweet potatoes and red onion with olive oil, salt, and pepper. Roast for 20–25 minutes, stirring once, until tender and lightly caramelized.

Place kale in a bowl with a drizzle of olive oil and a pinch of salt. Massage with your hands for 30–60 seconds until softened and deep green.

Whisk tahini, lemon juice, garlic, and salt. Add warm water gradually until smooth and pourable.

Layer warm farro, kale, roasted vegetables, and chickpeas. Drizzle with lemon tahini dressing and serve warm.

## **Ginger-Garlic Rice Bowl with Sesame Greens**

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#### *Rice Base*

1½ cups jasmine or brown rice  
3 cups water or broth  
½ tsp salt

#### *Sesame Greens & Vegetables*

1 tbsp sesame oil  
1 tsp grated fresh ginger  
1 clove garlic, minced  
2 cups sliced mushrooms  
2 cups chopped bok choy or  
spinach  
1 carrot, shredded

#### *Soy-Ginger Sauce*

3 tbsp soy sauce or tamari  
1 tbsp rice vinegar  
1 tbsp honey or brown sugar  
1 tsp grated ginger  
1 tsp sesame oil

#### *Optional Protein*

1 cup shelled edamame or  
shredded rotisserie chicken

#### *Garnish*

Sesame seeds  
Sliced green onions

### **Instructions**

Rinse rice until water runs clear. Combine rice, water, and salt in a saucepan. Bring to a boil, reduce heat, cover, and simmer until tender (15–18 minutes for jasmine, 40–45 minutes for brown rice). Fluff and keep warm.

Heat sesame oil in a large skillet over medium heat. Add ginger and garlic and cook for 30 seconds until fragrant. Add mushrooms and cook for 3–4 minutes until softened. Stir in greens and carrots and cook until just wilted.

Whisk soy sauce, vinegar, honey, ginger, and sesame oil in a small bowl.

Spoon warm rice into bowls. Top with sautéed vegetables and optional protein. Drizzle with soy-ginger sauce and finish with sesame seeds and green onions.

## **BONUS! Mediterranean Chickpea & Orzo Bowl**

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1½ cups cooked orzo  
1 can (15 oz) chickpeas, drained  
and rinsed  
1 cup chopped cucumber  
1 cup cherry tomatoes, halved  
½ cup crumbled feta  
¼ cup chopped fresh parsley or dill

*Lemon-Herb Dressing*  
3 tbsp olive oil  
1½ tbsp lemon juice  
1 clove garlic, minced  
Salt and pepper to taste

### **Instructions**

Toss warm orzo with chickpeas, cucumber, tomatoes, and herbs. Whisk dressing and drizzle over bowl. Top with feta and serve warm or at room temperature.

## **BONUS! Latin-Inspired Cilantro Lime Rice & Greens Bowl**

2 cups cooked rice (white or brown)  
1 cup sautéed spinach or kale  
1 cup black beans, drained and  
rinsed  
½ cup roasted corn  
¼ cup chopped cilantro

*Cilantro-Lime Drizzle*  
3 tbsp olive oil  
Zest and juice of 1 lime  
½ tsp ground cumin  
Salt to taste

### **Instructions**

Combine warm rice with beans, greens, and corn. Whisk dressing and drizzle over bowl. Finish with cilantro and optional toppings like avocado or cotija cheese.