**Saveur Product Used**
SPICED FIG, MAPLE & PEAR BALSAMIC VINEGAR, SEASONED SALT, SPICY CAJUN MIX, GARLIC MIX

**Wild Rice Harvest Bowl Ingredients**
1 cup wild-brown rice blend  
1-3/4 cup gluten-free chicken broth  
3 cups 1” butternut squash cubes (about 1 small squash)  
3 tbsp melted butter or ghee  
1/2 - 1 tsp Saveur Spicy Cajun Mix or Saveur Garlic Mix  
Saveur Seasoned Salt to taste  
200 grams or 1/2 pound thinly shredded brussel sprouts  
1 large or 2 small apples, chopped  
1/2 cup white cheddar cheese, cut into cubes  
1/2 cup sliced almonds or pepitas  
1/2 cup dried cranberries  

**FIG Balsamic Vinaigrette Ingredients**  
1/2 cup fresh pressed extra virgin olive oil  
1/4 cup Saveur Spiced Fig, Maple & Pear Balsamic Vinegar  
Saveur Seasoned Salt to taste

**Method for Harvest Bowl**
Add rice and chicken broth to a small saucepan then bring to a boil, place a lid on top, then turn heat down to a simmer and cook for 40-50 minutes or until rice is al dente (verify liquid amount and cooking method with rice package directions.) Set aside to cool slightly - can be done a day ahead of time.

Preheat oven to 400F/205C degrees. Line a half sheet pan with foil then grease foil. Add butternut squash cubes, 1-1/2 tbsp melted butter, Spicy Cajun Mix and Seasoned Salt, then toss with your fingers to evenly coat. Roast for 15-20 minutes, or until squash is tender, stirring halfway through. Set aside to cool slightly - can be done a day ahead of time.

Meanwhile, line another half sheet pan with foil then grease foil. Add shredded brussel sprouts, remaining 1-1/2 tbsp melted butter or ghee, and Seasoned Salt then toss with your fingers to evenly coat. Add to oven after stirring the squash then roast together for 8-10 minutes or until brussel sprouts are tender and golden brown.

**Method for the FIG BALSAMIC VINAIGRETTE**
Combine ingredients in a bowl or jar with a tight-fitting lid then whisk or shake to combine (might need to microwave for 15-20 seconds to help thicken.) Taste then add more Seasoned Salt if desired.

In a large bowl combine cooked rice, butternut squash, brussel sprouts, apples, cheese, almonds, and dried cranberries. Drizzle Fig Balsamic Vinaigrette on top then toss to coat and serve.