



Great Grain Salad

Servings 4 | Prep time 20 mins. | Total time 20 mins.

Equipment: Cutting board, colander, large bowl, small bowl, measuring spoons, measuring cups

Utensils: Knife, Whisk or fork, Tongs or spoon and fork to toss salad

Ingredients

For the dressing

1 lemon, medium

1 garlic clove, minced

1/4 cup apple cider vinegar

1 tablespoon Dijon mustard

1/4 cup oil, canola or olive

1/4 teaspoon salt

1/4 teaspoon ground black pepper

For the salad

1 cup whole grain pasta, couscous, or barley cooked according to package directions and cooled

1 bunch greens (kale, chard, spinach, etc.)

1 15 ounce can pickled beets

1 medium apple

1/2 cup nuts (pecans, almonds, walnuts, etc.)

2 ounces of cheese, shredded Parmesan or crumbled feta (optional)

Nutritional Information:

Calories 470

Total Fat 25g

Sodium 440mg

Total Carbs 58g

Protein 11g

Instructions

For the dressing

1. Before you begin wash your hands, surfaces, utensils and vegetables.
2. Cut lemon in half. Squeeze both halves into a small bowl. Remove and discard seeds.
3. Add apple cider vinegar, Dijon mustard, and garlic to lemon juice. Use a whisk or fork to combine.
4. While whisking, drizzle in oil.
5. Add salt and pepper. Set aside.

For the salad

1. If using kale or other hearty greens with a large center rib, remove leaves from rib, tear into bite-size pieces, and add to a large bowl.
2. Cut apple into 1/2 inch chunks and add to bowl.
3. Drain beets in colander. Cut into 1/2 inch chunks and add to bowl with greens.
4. Add cooked whole grain pasta, couscous, or barley to bowl.
5. Add nuts to the bowl.
6. Toss dressing with salad ingredients in the large bowl.
7. Sprinkle cheese on top if using.