



Great Grain Salad

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

Equipment:

Cutting board

Colander

Large bowl

Small bowl

Utensils:

Knife

Whisk or fork

Measuring cups and spoons

Tongs or spoon and fork to toss salad

Ingredients

For the dressing

2 tablespoons lemon juice (about 1 lemon)

1 clove garlic OR 1 teaspoon garlic powder

1/4 cup apple cider vinegar

1 tablespoon Dijon mustard

1/4 cup olive oil OR vegetable oil

1/4 teaspoon salt (optional)

1/4 teaspoon black pepper

1/4 cup (grated Parmesan or crumbled feta) cheese (optional)

For the salad

1 cup whole grain pasta, OR couscous, OR barley, cooked and cooled (about 1/2 cup uncooked pasta or couscous or 1/3 cup dried barley)

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

1 15 ounce can sliced pickled beets

1 medium apple

1/2 cup unsalted nuts (pecans, almonds, walnuts), chopped

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 produce.
2. Cut lemon in half. Squeeze both halves into small bowl. Remove and discard seeds.
3. Peel and mince garlic.
4. Add apple cider vinegar, Dijon mustard, and garlic to lemon juice. Use a whisk or fork to whisk ingredients together.
5. While whisking, drizzle in oil.
6. Add salt and pepper.

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 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.