

A Whole Grain Salad for Every Season!

INGREDIENTS

1 cup whole grain of your choice (brown rice, quinoa, farro, bulger, or wild rice work well)

Mix-ins of your choice

- Spring Ideas: peas, lemon zest, asparagus, chive, radish, green onion, artichoke hearts, arugula.
- Summer Ideas: basil, mint, corn, tomato, avocado, bell pepper, zucchini, yellow squash, spinach
- Autumn / Winter Ideas: roasted butternut squash, parsnip, sweet potato, or brussel sprouts. Diced apple or pear. Dried no sugar added fruits such as currants, cherries, raisins. Nuts also work well from some added crunch.

INSTRUCTIONS:

Cook grain in liquid until tender.

- Brown rice: 1 cup grain + 2.5 cups liquid, bring to a boil and then simmer for 45-55 minutes
- Quinoa: 1 cup grain + 2 cups liquid, bring to a boil and then simmer for 12-15 minutes
- Farro: 1 cup grain + 4 cups liquid, bring to a boil and then simmer for 40 minutes. Typically will need to drain off the remaining liquid.
- Bulger: 1 cup grain + 2 cups liquid, bring to a boil and then simmer for 12-15 minutes
- Wild Rice: 1 cup grain + 3 cups liquid, bring to a boil and then simmer for 45-55 minutes

Combine cooked grain with your salad ingredients. Can cool the grain and ingredients first to make a cold salad, or can serve warm. For a simple dressing, Drizzle with 2 Tbsp of olive oil, 2 Tbsp of acid (lemon juice, lime juice, apple cider vinegar), add a pinch of salt and pepper. Gently toss to combine all the flavors.