



Simple | Healthy | Delicious

Continent Grain Salad



INGREDIENTS

- 1 cup Continent Grains
- 1 1/2 cups cold water
- 1/2 tsp salt
- 1 cup snow peas, shell peas, celery, or green beans
- 1 - 2 small carrots, peeled and sliced thin
- 1/2 green or red pepper, sliced thin
- 1 medium ripe tomato
- 1 medium cucumber, peeled and diced
- 1/4 cup chopped fresh parsley, cilantro, or basil
- 1/2 cup chopped walnuts, toasted sunflower seeds or toasted cashews
- Options:** Chopped scallions, dried unsweetened cranberries, raisins or apricots, Greek olives, minced jalapeno pepper, fresh mint

DRESSING

- 2 Tbsp freshly squeezed lemon juice
- 1/4 cup olive oil
- 1/2 tsp salt
- Fresh ground pepper
- Options:** Pinch of cayenne, garlic powder or fresh minced garlic, minced fresh or dried ginger

DIRECTIONS:

1. The grains can be made ahead of time and refrigerated if you like
2. Place in 2 qt pot with the water, salt and oil
3. Bring to a full boil
4. Cover the pot, let boil another minute, turn the heat down to very low, and cook for 20-25 minutes
5. Remove from heat and allow to sit five minutes with lid on
6. Fluff gently with a fork and set aside to cool. Setting the pan in a sink full of cold water cools the grains quickly
7. Steam the carrots and green veg for 5 minutes or until tender-crisp, drain, rinse in cold water and drain again
8. Chop the tomatoes, herb and cucumber
9. Blend dressing ingredients with a whisk or shake in a jar
10. Gently combine veggies, walnuts, grains and dressing in a large bowl, cover and chill