

Recipe of the Month - June 2016

Zesty Whole Grain Salad

Serves 6

Serving Size: 1 ½ cups

Ingredients:

- 2 cups cooked whole grain (brown rice, kamut, quinoa)
- 2 Tablespoons oil (canola or vegetable)
- 1/4 cup apple cider vinegar
- 1 Tablespoon honey
- Salt & Pepper to taste
- 2 apples, chopped
- 1/2 cup chopped nuts (pecans, walnuts)
- 1/2 cup dried fruit (cranberries, cherries, raisins)
- 1 bunch kale or 10-ounce package spinach (about 6 cups), torn into bite-sized pieces



Make MyPlate Your Plate

Directions:

1. Cook whole grain according to package directions. Cool.
2. In a large bowl, whisk together oil, vinegar, honey, salt, and pepper.
3. Stir apples, nuts, dried fruit, and whole grain into dressing.
4. Toss greens with other ingredients.

NUTRITION FACTS PER SERVING: 300 calories, 12 g total fat (1g sat. fat), 0 mg cholesterol, 65 mg sodium, 45 g carbohydrates, 5 g fiber, 16 g sugar, 5 g protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2016 Nutrition & Fitness Calendar*