Whole grain greek salad with cucumber, radish & mint
RECIPE

Whole grain greek salad with cucumber, radish & mint

COOK TIME	5 min
PREP TIME	15 min
MAKES	7 servings

A refreshing yogurt dressing adds the perfect touch to this version of a Greek salad. Organic quinoa and brown rice add “body” to the salad, while tomatoes, cucumbers and Kalamata olives delight you with authentic Greek flavors.

INGREDIENTS

- - Yogurt-Mint Dressing:
- 1 container (6-ounces) plain Greek yogurt
- 1/2 tsp. lemon zest
- 1 tbsp. lemon juice
- 1 tbsp. white wine vinegar
- 1 tsp. honey
- 1 tbsp. chopped fresh mint
- 1/2 tsp. salt
- 1/4 tsp. pepper
- - Greek Salad:
- 1 package of SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with Garlic
- 1 medium Roma tomato, seeded and chopped
- 1/2 cup seeded and chopped cucumber
- 1/4 cup thinly sliced radish
- 1/4 cup pitted and chopped Kalamata olives

DIRECTIONS

1. Mix together Greek yogurt, lemon zest, lemon juice, white wine vinegar, honey, chopped fresh mint, salt and pepper to make Yogurt-Mint Dressing.
2. In large bowl, toss SEEDS OF CHANGE™ Organic Quinoa & Brown Rice, tomato, cucumber, radish and olives.
3. Stir in Yogurt-Mint Dressing.

4. Serve immediately or cover and refrigerate up to 2 hours.

NUTRITION INFO

Column 1	Column 2
Servings	7
Calories (per serving)	90
Total Fat	0.5g
Saturated Fat	0g
Trans Fat	0g
Total Fat % DV	1%
Saturated Fat % DV	0%
Trans Fat % DV	0%
Cholesterol	N/A
Cholesterol % DV	N/A
Sodium	310mg
Sodium % DV	13%
Total Carbohydrate	15g
Dietary Fiber	1g
Sugars	2g
Total Carbohydrates % DV	5%
Dietary Fiber % DV	4%
Protein	4g

You might also love...

Thai lettuce wraps with sticky cashews

Cook time

5 min

Prep time

15 min

Beet & whole grain salad with arugula & pistachios

Cook time

25 min

Prep time

15 min

Smoky almond orange salad

Cook time

0 min

Prep time

15 min

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