



Seven-grain salad with fresh herbs & italian vinaigrette
RECIPE

Seven-grain salad with fresh herbs & italian vinaigrette



COOK TIME 0 min
PREP TIME 15 min
MAKES 8 servings

Who said you need a lot of greens to make a great salad? The wholesome, organic grains and refreshing herbs in this recipe will have you coming back for more. And to make it totally irresistible, add the perfect amount of Italian vinaigrette dressing.

INGREDIENTS

- 1 packages SEEDS OF CHANGE™ Organic Seven Whole Grains
- 1 cup cucumber, chopped
- 1/4 cup fresh parsley, chopped
- 1/4 cup green onion, sliced
- 2 Tbsp. extra virgin olive oil
- 1 cup carrots, chopped
- 1/2 cup roasted red peppers, cut-up
- 2 Tbsp. fresh basil, chopped
- 1/4 cup Feta cheese, crumbled

DIRECTIONS

1. Whisk together vinegar, oil, mustard, garlic, salt and pepper.
2. In large bowl, toss remaining ingredients with vinaigrette.
3. Serve immediately or cover and refrigerate up to 4 hours.

NUTRITION INFO

Column 1

Servings

Column 2

6

| Column 1 | Column 2 |
|--------------------------|----------|
| Calories (per serving) | 110 |
| Total Fat | 7g |
| Saturated Fat | 1.5g |
| Trans Fat | 0g |
| Total Fat % DV | 9% |
| Saturated Fat % DV | 8% |
| Trans Fat % DV | 0% |
| Cholesterol | 5mg |
| Cholesterol % DV | 2% |
| Sodium | 150mg |
| Sodium % DV | 7% |
| Total Carbohydrate | 11g |
| Dietary Fiber | 1g |
| Sugars | 2g |
| Total Carbohydrates % DV | 4% |
| Dietary Fiber % DV | 4% |
| Protein | 2g |

You might also love...



[Whole grain greek salad with cucumber, radish & mint](#)

Cook time

5 min

Prep time

15 min



[Basmati tabbouleh salad](#)

Cook time

10 min

Prep time

10 min



Beet & whole grain salad with arugula & pistachios

Cook time

25 min

Prep time

15 min



Mediterranean walking buddha bowl

Cook time

1.5 min

Prep time

5 min

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<https://www.seedsofchange.com/recipes/seven-grain-salad-with-fresh-herbs-and-italian-vinaigrette>