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	Column 2
Servings	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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