

BARLEY, QUINOA

& LENTIL SALAD WITH ORANGE MISO DRESSING

Portion: 2 cups
Yields: 1

Whole grain and vegetable salad layered in a jar



CALORIES: 400
TOTAL FAT (g): 13
SATURATED FAT (g): 1
TOTAL CARB (g): 60
PROTEIN (g): 13
DIETARY FIBER (g): 13
SODIUM (mg): 270

INGREDIENTS:

1/4 cup Red Quinoa, Cooked
1/2 cup Pearl Barley, Cooked
2 Tbsp Red Lentils, Dry
1/4 cup Green Beans, Cut Into 2" Pieces
1/4 cup Red Bell Peppers, Diced
1/2 cup English Cucumbers, Diced
2 Tbsp Orange Miso Dressing

Dressing (yields 2 cups)

6 Tbsp Miso Paste, Shiro
3/4 cup Orange Juice
3 Tbsp Ginger Root, Fresh, Grated
1 Tbsp Garlic Cloved, Minced
3/4 cup Rice Wine Vinegar, Unseasoned
3/4 cup Canola Oil

METHOD:

Cook barley and quinoa according to the package directions; overcook the grains slightly so they are still tender when cold. Soak red lentils in cold water for about 15 minutes, they will double in volume. Drain well and set aside. Cook green beans in boiling water for 2 minutes; drain and chill in ice water; drain again and set aside. Whisk together salad dressing ingredients and set aside.

For each salad in a jar arrange ingredients in the following order: 1/2 cup cooked pearl barley, 1/4 cup red quinoa, 1/4 cup green beans, cut into 1/3 and blanched, 1/4 cup red bell peppers, diced, 1/2 cup cucumbers, diced.

Close container. When ready to eat, pour 2 Tbsp of dressing into jar, close lid and shake well.

Eat straight out of jar or pour into a bowl and enjoy.

CHEF'S NOTES:

Mix and match with grains, vegetables and dressings you have on hand. Grating ginger releases more juice and adds more flavor than chopping with a knife.

FREEKEH, CHICKEN, KALE

& BRUSSELS WITH POMEGRANATE SALAD

Portion: 2 cups
Yields: 1

Whole grain and vegetable salad layered in a jar



CALORIES: 320
TOTAL FAT (g): 17
SATURATED FAT (g): 2.5
TOTAL CARB (g): 35
PROTEIN (g): 12
DIETARY FIBER (g): 8
SODIUM (mg): 470

INGREDIENTS:

1/4 cup Chicken, Cooked, Diced
1/2 cup Freekeh, Cooked
1/4 cup Cherry Tomatoes, Fresh, Halved
1/4 cup English Cucumbers, Diced
1/4 cup Fresh Pomegranate Seeds
2 Tbsp Lemon Dijon Vinaigrette with Dill
1/2 cup Kale and Brussels

Dressing (yields 1 cup)

1/2 cup Lemon Juice, Fresh
2 Tbsp Mustard, Dijon
1/2 tsp Kosher Salt
1/4 tsp Ground Black Pepper
1/2 tsp Chili Powder
1/2 tsp Ground Cumin
1/4 cup Dill Weed, Fresh, Chopped
1/4 Tbsp Oregano, Fresh, Chopped
1/2 cup Olive Oil

Kale & Brussels (yields 3 cups)

1 cup Kale, De-stemmed, Sliced Thin
2 cups Brussels Sprouts, Shaved
2 tsp Oil, Olive
1/2 tsp Kosher Salt
1/4 tsp Ground Black Pepper

METHOD:

Cook freekeh according to package direction; overcook slightly so that it is tender when served cold.

Whisk together salad dressing ingredients and set aside. Mix kale and Brussels (best to cut using a mandoline) and mix well with oil, salt and pepper. Let sit for 10 minutes before serving. For each salad in a jar, arrange ingredients in the following order: 1/2 cup cooked freekeh, 1/4 cup tomatoes, cut in half, 1/4 cup grilled diced chicken, 1/4 diced cucumbers, 1/4 cup pomegranate seeds, 1/2 cup marinated kale and Brussels.

Close Container. When ready to eat, pour 2 Tbsp of dressing into jar, close lid and shake well. Eat straight out of jar or pour into a bowl and enjoy.

CHEF'S NOTES:

Mix and match with grains, vegetables and dressings you have on hand.

FARRO, LENTILS & APRICOT SALAD WITH PECANS

Portion: 2 cups
Yields: 1

Whole grain and vegetable salad layered in a jar



CALORIES: 390
TOTAL FAT (g): 8
SATURATED FAT (g): 1.5
TOTAL CARB (g): 68
PROTEIN (g): 16
DIETARY FIBER (g): 9
SODIUM (mg): 410

INGREDIENTS:

2 Tbsp Buttermilk Gorgonzola Dressing
1 Tbsp Pickled Red Onions
1/2 cup Kale and Brussels
1/4 cup Lentils, Cooked
1/2 cup Farro, Cooked
1/4 cup Cherry Tomatoes, Fresh, Halved
1/4 cup English Cucumbers, Diced
3 Tbsp Dried Apricots, Julienned
1 Tbsp Pecan Halves, Chopped, Toasted

Pickled Onions (yields 2 cups)

3/4 cup Rice Wine Vinegar, Unseasoned
1 Tbsp Kosher Salt
1 Tbsp Granulated Sugar
3/4 cup Cold Water
1 each Red Onion, Fresh, Julienned
1 each Jalapeño Peppers, Fresh, Sliced

Kale & Brussels (yields 3 cups)

1 cup Kale, De-stemmed, Sliced Thin
2 cups Brussels Sprouts, Shaved
2 tsp Oil, Olive
1/2 tsp Kosher Salt
1/4 tsp Ground Black Pepper

Dressing (yields 1 cup)

6 Tbsp Low Fat Plain Yogurt
1 Tbsp Shallots, Fresh, Peeled, Chopped
1 tsp Garlic Cloves, Crushed, Fresh
1 tsp Italian Parsley, Fresh, Chopped
1/4 tsp Ground Black Pepper
1/4 cup Gorgonzola Cheese Crumbles
6 tsp Low Fat Buttermilk

METHOD:

Prepare all recipes and set aside: Mix all dressing ingredients together. Mix kale and Brussels (best to cut using a mandoline) and mix well with oil, salt and pepper. Let sit for 10 minutes before serving. Pickle: bring vinegar, salt, sugar and water to a boil, just to melt the sugar. Pour over sliced onions and chilies and let sit for 20 minutes before serving. Cook farro and lentils according to package directions. Overcook the farro slightly so that it is tender when served cold. For each salad in a jar arrange ingredients in the following order: 1/2 cup cooked farro, 1/4 cup cooked lentils, 1/4 cup tomatoes, cut in half, 1/4 cup diced cucumbers, 3 Tbsp dried apricots, julienned, 1 Tbsp pickled onions, 1/2 cup marinated kale and Brussels, 1 Tbsp pecans, toasted. Close container and serve with 2 Tbsp of dressing on the side. Close container. When ready to eat, pour 2 Tbsp of dressing into jar, close lid and shake well. Eat straight out of jar or pour into a bowl and enjoy.

CHEF'S NOTES:

Mix and match with grains, vegetables and dressings you have on hand. Apple cider vinegar can be used instead of rice wine vinegar.

FREEKEH FRUIT SALAD WITH PECANS AND CINNAMON VINAIGRETTE

Portion: 2 cups
Yields: 1

Whole grain and vegetable salad layered in a jar



CALORIES: 400
TOTAL FAT (g): 15
SATURATED FAT (g): 1.5
TOTAL CARB (g): 63
PROTEIN (g): 8
DIETARY FIBER (g): 10
SODIUM (mg): 105

INGREDIENTS:

1/2 cup Freekeh, Cooked
1/4 cup Red Quinoa, Cooked
1/2 cup Fresh Blueberries
1/4 cup Pineapple, Fresh, Diced
1/2 cup Orange, Mandarin, Sections, Canned, Drained
1 Tbsp Pecan Halves, Chopped, Toasted
2 Tbsp Cinnamon Cider Vinaigrette

Dressing (yields 1-1/2 cup)

1/2 cup Vinegar, Apple Cider
1 tsp Ground Cinnamon
1/2 tsp Ground Nutmeg
1/2 tsp Kosher Salt
2 Tbsp Ginger Root, Fresh, Grated
1/2 cup Oil, Olive Canola Blend
1/2 cup Orange Juice
1 Tbsp Dark Brown Sugar

METHOD:

Cook Freekeh and Red Quinoa according to the package directions; overcook slightly so they are tender when cold. Whisk together salad dressing ingredients and set aside. For each salad in a jar arrange ingredients in the following order: 1/2 cup cooked freekeh, 1/4 cup cooked red quinoa, 1/2 cup fresh blueberries, 1/4 cup diced pineapples, 1/2 cup oranges, 1 tsp pecans.

Close container. When ready to eat, pour 2 tbsp of dressing into jar, close lid and shake well. Eat straight out of jar or pour into a bowl and enjoy.

CHEF'S NOTES:

Mix and match with grains, vegetables and dressings you have on hand. Grating ginger releases more juice and adds more flavor than chopping with a knife.