

SALADS

Fresh Harvest Salad with Dijon Vinaigrette

Makes 6 servings · about 1½ cups each

SATIETY SCORE  5 / 5	NUTRITION HIGH
Per serving (approx.): Protein 12 g · Fiber 10 g · Calories 475	

Ingredients

- Salad: 3 cups cooked sprouted rice and/or red quinoa
- Salad: 30 oz canned garbanzo beans, rinsed and drained
- Salad: ½ cup dried cranberries
- Salad: ¼ cup sliced green onion
- Salad: 1 large bell pepper, chopped
- Salad: 1 cup carrots, chopped
- Salad: ¼ cup fresh parsley, chopped
- Salad: 1 Tbsp Italian seasoning
- Salad: 4 Tbsp slivered almonds
- Dressing: ⅓ cup extra-virgin olive oil
- Dressing: ¼ cup rice vinegar
- Dressing: 1 Tbsp honey
- Dressing: 1 Tbsp Dijon mustard
- Dressing: ½ tsp salt
- Dressing: ¼ tsp pepper

Directions

1. Place the salad ingredients in a mixing bowl.
2. Whisk or shake the vinaigrette ingredients together.
3. Pour the dressing over the salad and mix together.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Makes 6 servings · about 1½ cups each

Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 small bunch green onions
- ☐ 1 large bell pepper
- ☐ 2 medium carrots (about 1 cup chopped)
- ☐ 1 small bunch parsley

PANTRY & DRY GOODS

- ☐ 3 cups cooked sprouted rice and/or red quinoa
- ☐ 30 oz canned garbanzo beans
- ☐ ⅓ cup dried cranberries
- ☐ 4 Tbsp slivered almonds
- ☐ 1 Tbsp Dijon mustard
- ☐ ¼ tsp pepper

CHECK YOUR PANTRY

- ☐ Italian seasoning
- ☐ Olive oil
- ☐ Rice vinegar
- ☐ Honey
- ☐ Salt