

Fresh Harvest Salad

nuSTART

SALADS

No-cook • ~15 min • Serves 6 • about 1½ cups each

EXCELLENT SOURCE OF FIBER

CALORIES 410

• PROTEIN 12 G

• FIBER 10 G (36% DV)



INGREDIENTS

• SALAD

- 3 cups cooked red quinoa
- Two 15-oz cans garbanzo beans (about 3 cups), rinsed and drained
- ⅓ cup dried cranberries
- ¼ cup sliced green onion
- 1 large bell pepper, chopped
- 1 cup carrots, chopped
- ¼ cup fresh parsley, chopped (or 4 tsp dried)

- 1 Tbsp Italian seasoning

- 4 Tbsp slivered almonds

• DRESSING

- ⅓ cup extra-virgin olive oil
- ¼ cup rice vinegar
- 1 Tbsp honey
- 1 Tbsp Dijon mustard
- ½ tsp salt
- ¼ tsp pepper

NUSTART KITCHEN

DIRECTIONS

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

WHAT MAKES THIS FILLING. The garbanzos and quinoa carry most of the protein and fiber, and those are what tend to keep you full longest. The olive oil is where the calories concentrate; pour it lighter and it stays just as filling.

Spice blend: Fresco Spice Blends **Penney's Little Italy**. To mix a similar blend, about 1 Tbsp: 1½ tsp dried oregano, 1 tsp dried basil, ½ tsp garlic powder, and ¼ tsp red pepper flake. Salt to taste.

Fiber uses FDA thresholds: 20% or more of the Daily Value is an excellent source, 10–19% a good source (21 CFR 101.54); the fiber Daily Value is 28 g. Protein is shown in grams. Per-serving values are from USDA FoodData Central reference amounts, approximate, and vary with brand, variety, and preparation.

Grocery List



FRESH HARVEST SALAD

Serves 6. What to **buy**. The card on the other side has what to use.

AISLE BY AISLE

TAKE THIS PAGE TO THE STORE

CHECK OFF EACH BOX AS YOU SHOP

PRODUCE

- ☐ 1 bunch green onions
- ☐ 1 large bell pepper
- ☐ 1 small bag carrots, or 3 medium
- ☐ 1 bunch fresh parsley, or dried parsley from the spice aisle

PANTRY

- ☐ 1 bag red quinoa · you will cook about 1 cup dry
- ☐ 2 cans garbanzo beans, 15 oz each
- ☐ 1 small bag dried cranberries
- ☐ 1 small bag slivered almonds
- ☐ 1 bottle rice vinegar
- ☐ 1 jar Dijon mustard

SPICES & SEASONING

- ☐ 1 jar Italian seasoning, or the four spices to mix your own

YOU MAY ALREADY HAVE · *check these before you shop*

- ☐ Extra-virgin olive oil
- ☐ Honey
- ☐ Salt and pepper

ALSO PICKING UP

write the rest of your list here, so it all travels on one page

Quantities here are what to **buy** for one batch. Package sizes vary by store and brand, so a bag or a jar may cover several batches.
Print double-sided, flipped on the long edge, so the recipe and its grocery list stay one sheet.