



Whole Grain Salad

Ingredients

3 cups cooked brown rice, whole grain pasta, couscous or bulgur
1/2 bell pepper (either yellow or orange), seeded and chopped
1/2 large tomato, seeded and chopped
1/4 cup chopped radish
1/4 cup chopped green onion or red Bermuda onion
1/4 cup finely chopped dried fruits (apricots, raisins, figs, etc.)
2 Tbsp nuts or seeds (sesame, sunflower or chopped almonds, walnuts, etc.)
4 oz. low-fat mozzarella cheese, diced
Juice of 1 lime
1 1/2 Tbsp extra virgin olive oil
2 Tbsp finely chopped fresh chives (or 2 tsp dried)
2 Tbsp finely chopped fresh mint or cilantro (or 2 tsp dried)
Salt and pepper to taste

Preparation

Cook grains according to package directions and allow to cool completely before adding to salad. In a large bowl, combine bell pepper, tomato, radish, green or red onion, dried fruit, seeds or nuts and cheese. Mix lightly with a fork. Fluff the cooked and cooled grains with a fork and combine with the salad mixture. Lightly mix together. In a small container with a tight fitting lid, combine the remaining ingredients. Seal tightly and shake until combined. Add to salad mixture and toss to coat..

Serves: 5

Serving Size: 6 Ounces

Nutrition Facts (per serving)

Calories	275
Fat (g)	11
Saturated Fat (g)	3
Cholesterol (mg)	12
Sodium (mg)	126
Carbohydrate (g)	35
Fiber (g)	3
Protein (g)	10
Calcium (mg)	0

