Zesty Whole Grain Salad  
Makes 6 servings

Ingredients:
- 2 cups cooked whole grain (brown rice, kamut, quinoa)
- 1 tablespoon vegetable oil
- ¼ cup apple cider vinegar
- 1 tablespoon honey
- 2 apples, chopped
- ¼ cup chopped nuts (pecans, walnuts)
- ½ cup dried fruit (cranberries, cherries, raisins)
- 1 bunch kale or 10 oz. package of spinach (6 cups), torn into bite size pieces
- 1/8 teaspoon each of salt and pepper

Directions:
1. Cook whole grain according to package directions. Cool.
2. In a large bowl, whisk together oil, vinegar, honey, salt, and pepper.
3. Stir apples, nuts, dried fruit, and whole grain into dressing.
4. Toss greens with other ingredients.

Source: “Healthy & Homemade” 2016 Nutrition and Fitness Calendar, [www.extension.iastate.edu/foodsavings/recipes/zesty-whole-grain-salad](http://www.extension.iastate.edu/foodsavings/recipes/zesty-whole-grain-salad)