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 ounces package of spinach (6 cups), torn into bite size pieces
1/8 teaspoon salt
1/8 teaspoon 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