

# The Healthy Cook

*Whole grains play a starring role in these two sides. Have pre-cooked grains? Each dish comes together in just 15 minutes.*

## Wheat Berry & Apple Salad

 SERVES 4

- 2 Tbs. extra-virgin olive oil
- 1 Tbs. cider vinegar
- 2 tsp. whole-grain mustard
- ½ tsp. honey
- ¼ tsp. kosher salt
- 1 apple (any type), cored and diced
- 8 cups salad greens
- 1 cup cooked wheat berries
- ¼ cup chopped toasted walnuts



1. In a large bowl, whisk together the oil, vinegar, mustard, honey, and salt.
2. Toss with the apple, salad greens, wheat berries, and walnuts.

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PER SERVING (2 cups): calories 230 | total fat 12 g | sat fat 1.5 g | carbs 27 g | fiber 6 g | total sugar 6 g | added sugar 1 g  
protein 6 g | sodium 200 mg

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## Wild Rice & Mushrooms

 SERVES 4

- 2 Tbs. extra-virgin olive oil
- ½ lb. mushrooms (any type), sliced
- 3 sprigs fresh thyme
- 4 scallions, sliced
- 2 stalks celery, thinly sliced
- 2 cups cooked wild rice blend
- ¼ tsp. kosher salt



1. In a large non-stick pan, heat the oil over medium heat until shimmering hot. Sauté the mushrooms with the thyme, stirring occasionally, until browned, 5-7 minutes. Discard the thyme stems.
2. Stir in the scallions, celery, and rice. Cook while stirring until hot, about 1 minute. Season with the salt.

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PER SERVING (¾ cup): calories 220 | total fat 8 g | sat fat 1 g | carbs 33 g | fiber 3 g | total sugar 2 g | added sugar 0 g  
protein 5 g | sodium 150 mg