

The Healthy Cook

Wild Rice & Fall Fruit Salad

 SERVES 6

- ½ cup wild rice
- ½ cup wheat berries
- 2 Tbs. extra-virgin olive oil
- 1 Tbs. red wine vinegar
- ½ tsp. kosher salt
- 2 scallions, thinly sliced
- 1 Gala, Mac, or other crisp, tart-sweet apple, diced
- ¼ cup diced dried pear
- a few baby arugula leaves



1. Bring a large pot of water to a boil. Stir in the wild rice and wheat berries. Boil until tender, 25-30 minutes. Drain well.
2. In a large bowl, whisk together the oil, vinegar, and salt.
3. Stir in the grains, scallions, and fruit. Garnish with arugula.

Per Serving (¾ cup): calories 180 | total fat 5 g | sat fat 0.5 g | carbs 32 g | fiber 4 g | total sugar 8 g | added sugar 0 g | protein 4 g | sodium 170 mg

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Smokey Broccoli

 SERVES 6

- 6 cups broccoli florets
- 2 Tbs. extra-virgin olive oil
- 1 Tbs. fresh lemon juice
- 1 Tbs. whole-grain mustard
- ¼ tsp. kosher salt
- ¼ cup chopped smoked almonds

1. Steam the broccoli until bright green but still crisp, 1-2 minutes. Drain well and blot with paper towels.
2. In a large bowl, whisk together the oil, lemon juice, mustard, and salt. Toss with the warm broccoli.
3. Sprinkle with the almonds.



Per Serving (1 cup): calories 100 | total fat 8 g | sat fat 1 g | carbs 5 g | fiber 2 g | total sugar 1 g | added sugar 0 g | protein 3 g | sodium 180 mg