Wild Rice & Fall Fruit Salad

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


2. In a large bowl, whisk together the oil, vinegar, and salt.


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
**The Healthy Cook**

**Smokey Broccoli**

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.

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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