

SUPER SUMMER WHOLE GRAIN SALAD

BY THE CANADIAN LIVING TEST KITCHEN

- **Portion size 4 servings**

INGREDIENTS

- **1 cup** precooked five-grain blend (such as President's Choice)
- **1** carrot diced
- **1** sweet yellow pepper diced
- **1** zucchini diced
- **3** radish halved and thinly sliced
- **3/4 cups** cooked peas
- **4 cups** lightly packed baby arugula leaf
- **1/3 cup** pumpkin seed toasted

Chive-Citrus Vinaigrette:

- **3 tablespoons** orange juice
- **2 tablespoons** olive oil
- **1 tablespoon** white wine vinegar
- **1/4 teaspoon** salt
- **1/4 teaspoon** pepper
- **1/4 cup** chopped fresh chives

METHOD

In saucepan, bring 4 cups water to boil; stir in grain blend. Cook, uncovered, over medium-high heat until tender, 10 to 12 minutes. Drain and transfer to large bowl; let cool.

Add carrot, yellow pepper, zucchini, radishes, peas and arugula to grains.

Chive-Citrus Vinaigrette: Meanwhile, in small bowl, whisk together orange juice, oil, vinegar, salt and pepper; stir in chives. Toss with salad. Sprinkle with pumpkin seeds.

Enjoy 😊