

Hearty Salad



Great meal for a hot day! It will keep in the fridge for up to four days. My favorite combination is barley, black beans, chick peas, bell peppers with a balsamic vinegar dressing.

Yield: 2 servings

Ingredients	Quantity	Comments
Cooked grain, lentils, pulses	1 cup	Use your imagination! Quinoa, rice, buckwheat, green lentils, chick peas, black beans, mung beans work well.
Raw vegetables	1 cup	Think about color and texture. Good choices are - bell peppers, green beans, carrots, corn or radish. If you want "crunch" dice or julienne the vegetable. Shred for a softer texture. You could shred one vegetable and dice another.
Vinaigrette dressing	~1/4 cup	Suggestions can be found in Condiments and Flavourings.

Instructions

- Mix all ingredients together. Let sit for about one hour in the refrigerator to let the flavors blend.