HILTON HEAD HEALTH™

ANCIENT GRAIN SALAD

with Citrus Vinaigrette

INGREDIENTS:

Citrus Vinaigrette:

2 Tbsp	Orange juice concentrate
2 Tbsp	White wine vinegar
1 Tbsp	Extra virgin olive oil
½ Tbsp	Thyme, fresh, chopped fine
½ Tbsp	Dijon mustard
1 pinch	Salt

Ancient Grain Salad:

½ cup	Quinoa
1 cup	Water
¾ cup	Corn kernels, grilled
¾ cup	Asparagus, grilled, chopped
¾ cup	Tomatoes, small dice
⅓ cup	Avocado, small dice

METHOD:

Citrus Vinaigrette:

- Add all incredients into blender.
- Pulse until smooth.

Ancient Grain Salad:

- Preheat grill, grill pan or George Foreman grill.
- To cook quinoa:
  - Place quinoa and water into pot.
  - Turn the heat on high, once it comes to a boil, cover and reduce heat to lowest setting.
  - Steam 12 - 14 minutes or until water has evaporated and the quinoa is cooked.
- Grill corn on the cob. Once cool to the touch, shave kernels off of the cob.
- Grill asparagus until it has slightly charred and softened, then chop into bite-sized pieces.

NUTRITIONAL INFORMATION:

Citrus Vinaigrette:

Servings: 6 | Serving size: ½ oz | Calories: 15 | Fat: 1 g | Sodium: 35 mg
Carbohydrates: 1 g | Protein: 0 g | Fiber: 0 g

Ancient Grain Salad:

Servings: 1 | Serving size: ½ cup | Calories: 100 | Fat: 3.5 g | Sodium: 105 mg
Carbohydrates: 14 g | Protein: 3 g | Fiber: 2 g