

My Most Popular Whole Grain Salad Recipes



A Stack of Dishes.com

LENTIL SALAD WITH RADICCHIO AND CAPERS



Serves 6

Ingredients:

- 1 cup french du puy lentils
- 3 cups water
- 3 T white wine vinegar
- 4T extra virgin olive oil
- 1 teaspoon coriander seeds, crushed
- 1 clove garlic, finely minced
- 3 T capers, drained
- 1/2 cup toasted chopped almonds
- 1 small head radicchio
- 1/2 cup chopped parsley

In a medium saucepan bring the water to a boil and add a pinch of salt. Rinse the lentils in a sieve, then add to the saucepan. Reduce heat to a simmer and cook until the lentils are tender and most of the water is absorbed, about 35 minutes. Taste for doneness. They should be firm but not hard. Add more water if necessary and continue to cook, testing every 3-5 minutes. Drain any remaining liquid, and set aside to cool as you prepare the rest of the salad.

In a medium bowl combine the vinegar, coriander seeds, garlic, capers and oil. Whisk smooth. Add the warm lentils and toss. Then add the radicchio, almonds and parsley. Toss together and serve.

Sorghum Salad with Kale



Serves 6

- 1 cup sorghum
- 3 cups water
- 1/2 teaspoon salt
- 2 tablespoons fresh lemon juice
- 1 teaspoon dijon mustard
- 1 clove garlic, finely minced
- 5 tablespoons olive oil
- 1 scallion, finely chopped
- 1/2 small red onion, finely sliced
- grind of black pepper and salt to taste
- 4 cups baby kale leaves, or other greens

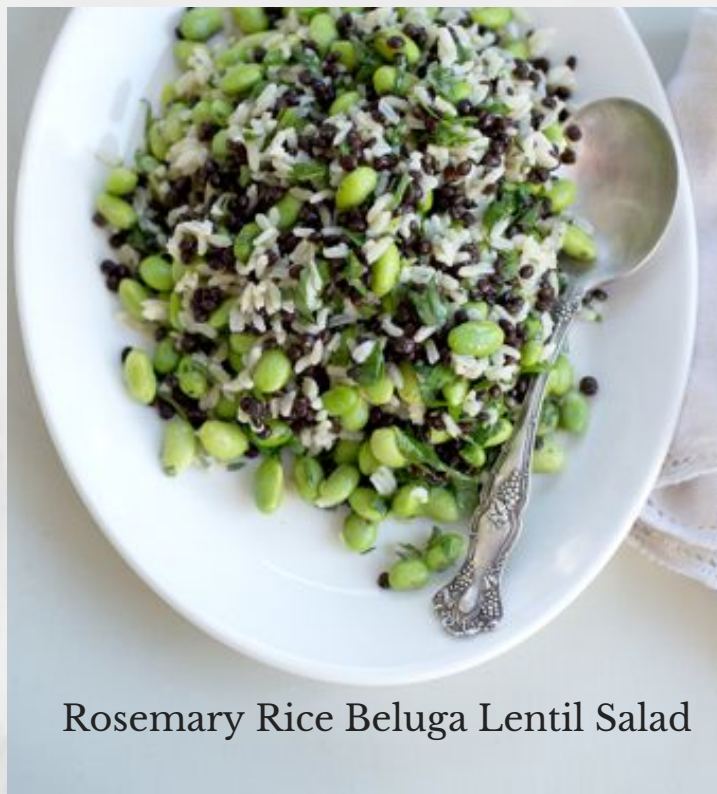
Instructions

In a large pot (or rice cooker), combine water, sorghum and salt and bring to a boil. Lower heat and simmer until the water is absorbed and the grains are tender- adding extra water if necessary. About 50 minutes of cooking time.

While the sorghum is cooking prepare the dressing

In a small bowl combine the lemon juice, mustard and garlic and stir. While continuing to stir, slowly add the olive oil to make a thick dressing.

After the sorghum is cooked, allow to cool until warm, about 5 minutes, then toss with the dressing, scallions, onion and kale leaves.



Rosemary Rice Beluga Lentil Salad

Serves 6

- 1 cup cooked brown rice* (or 1/3 cup uncooked)
- 1 cup cooked beluga lentils* (or 1/2 cup uncooked)
- 1 cup edamame
- 2 cups baby arugula, chopped
- 3 tablespoons fresh lemon juice
- 2 tablespoons minced fresh rosemary
- 1 teaspoon dijon mustard
- 3 tablespoons olive oil
- a splash of salt and a dash of pepper

*I used precooked homemade brown rice, and I purchased precooked lentils. Gotta say that they were great.

Start by cooking the rice since it takes the longest. In a small saucepan add the rice and 2/3 cup of water. Bring to a boil with a piiiinch of salt. Reduce to a simmer, cover, and cook until tender- about 40 minutes.

Meanwhile also cook the lentils. In another small saucepan add the lentils and a cup of water and prepare the same as the rice, but they should only take about 20 minutes. Add more water if they are too dry. The cooking time on lentils depends on how old/dry they are.

Steam the edamame for 5 minutes and set aside.

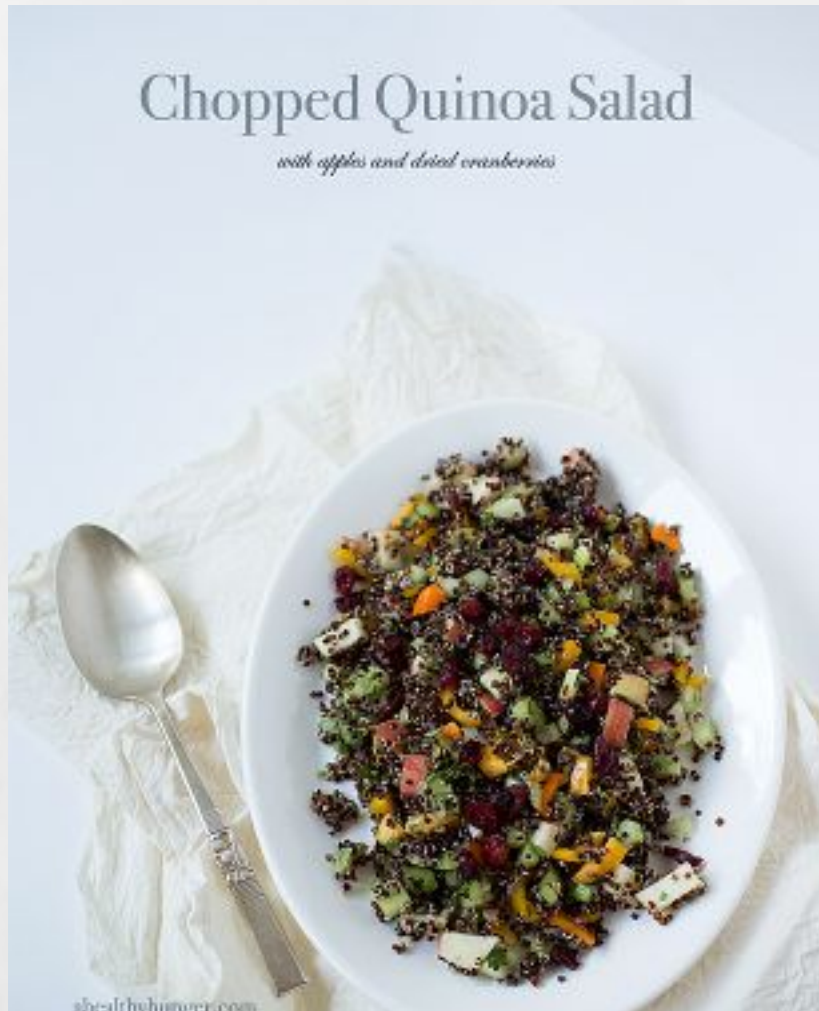
When everything is ready place the rice, edamame, lentils and arugula in a large bowl.

In a small bowl combine the lemon juice, rosemary and mustard. Stir smooth. Slowly add the oil while constantly stirring the dressing. Add salt and pepper to taste.

Pour the dressing over the salad (dressing warm rice and lentils is perfect) and serve.

Chopped Quinoa Salad

with apples and dried cranberries



Serves 4

- 1 cup cooked quinoa
- 1/2 cup cucumber, diced
- 2 celery stalks, chopped
- 1 yellow pepper, chopped
- 1 granny smith apple, chopped
- 1/2 cup dried cranberries
- 1/4 cup mint, chopped
- 1 clove garlic, finely minced
- 3 tablespoons fresh lemon juice
- 1 tablespoon fruity olive oil
- 1 teaspoon honey
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper

In a large bowl add the quinoa, cucumber, celery, pepper, apple and mint and toss. In a small bowl combine the garlic, lemon, oil, honey, salt and pepper, whisk smooth. Pour the dressing over the quinoa and toss.

Fiddlehead fern and Artichoke
FREEKAH



Serves 4

- 1/2 cup freekeh
- 1/2 pound baby artichokes- fresh or frozen
- 1/2 pound fiddlehead ferns
- 1 teaspoon canola oil
- 1 clove garlic, minced
- 1 lemon, zested and juiced
- 1 teaspoon dijon mustard
- 1 teaspoon agave
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 medium shallot, sliced very finely
- 1/2 cup chopped fresh basil
- 1/2 cup chopped fresh parsley

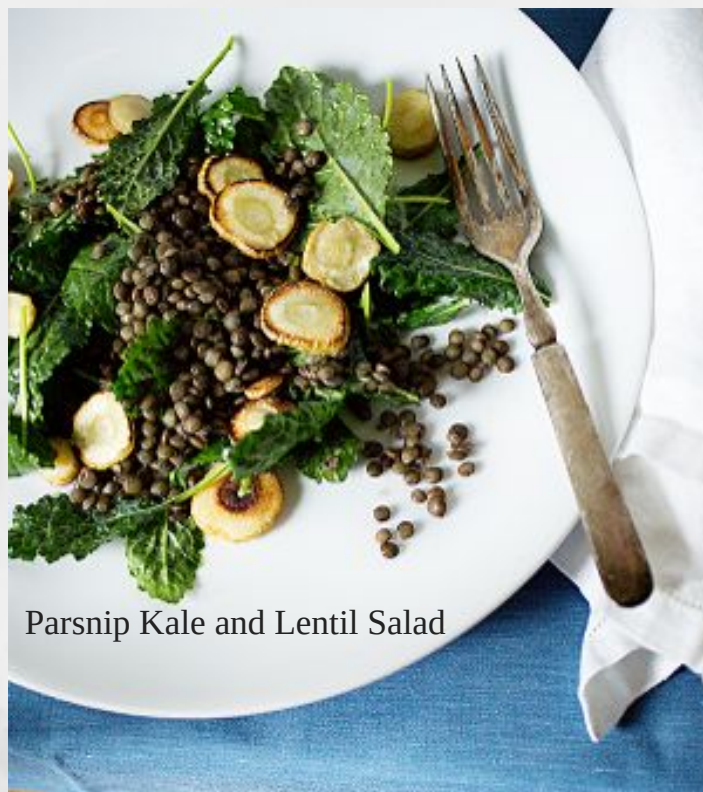
In a saucepan combine the freekeh with 1 1/2 cups of water and a pinch of salt. Bring to the boil and then lower heat to a simmer for about 30-35 minutes, until the kernels are tender. Turn off the heat and cover, allowing the steam to finish off the cooking. After 10 minutes remove the lid to allow the grains to cool slightly.

Clean and trim the artichokes and ferns. In a large fry pan warm the oil over medium heat. Add the vegetables and the garlic and sauté for 3 minutes. Add 3 tablespoons of water to the pan and cover with a lid to steam the vegetables. After 2 minutes remove the lid and continue to cook until all the water has evaporated. Remove from the heat and set aside.

In a small bowl combine the lemon juice, mustard, agave, oil, salt and pepper.

When the freekeh has cooled but is still warm, place into a large bowl and toss with the dressing. Add the herbs, lemon zest and shallots and toss together.

Top with the ferns and artichokes, and a spritz of fresh lemon juice if you prefer.



Parsnip Kale and Lentil Salad

- 5 medium parsnips
- 1/8 teaspoon salt
- 2 tablespoons canola oil
- 2/3 cup French green lentils
- 1 bay leaf
- 1/2 medium yellow onion
- 4-6 cups baby kale leaves
- 1/4 cup canola oil
- 1 tablespoon fresh lemon juice
- 2 teaspoons honey (preferably Manuka Doctor)
- 1 teaspoon dijon mustard
- 1 clove garlic, finely minced

Preheat oven to 400° and prepare a baking sheet with parchment if you prefer.

Slice parsnips into 1/4" rounds, taking care to be consistent with the thickness. This will ensure even cooking. Toss with the canola oil, salt and a grind of pepper and spread onto the baking sheet.

Roast for 15 minutes, then turn and roast for another 15 minutes, or until tender and golden. Meanwhile, rinse the lentils several times in clear water, then place into a small saucepan with plenty of water to cover, the bay leaf and the onion. Bring to the boil and simmer until lentils are tender, 30 minutes. Allow to cool until warm.

In a small bowl combine the canola oil, lemon juice, honey, mustard and garlic and whisk to combine. Season with salt and pepper to taste.

Before serving, toss the kale with a small amount of the dressing to allow time to soften the leaves.

While still warm but not hot, toss the lentils and parsnips with the remaining dressing.

Divide the leaves and lentils amongst four plates and serve.

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Menu Plans

