



Simple | Healthy | Delicious

3 Continent Blend Fiesta Salad

INGREDIENTS

1 cup of Continent Blend ancient grains from Nature's Earthly Choice
2 cups of chicken or vegetable broth
1 15oz can of corn, drains
1 red pepper, chopped
3 scallions, chopped
¾ cup dried cranberries
¾ cup carrots chopped
3 Tablespoons fresh cilantro
4 Tablespoons red onion, divided
3 cloves garlic, minced
4 T soy sauce
2 T lemon juice
½ cup olive oil
1 tsp cumin
1/8 tsp dried chipotle pepper
¼ cup raw almonds, chopped and toasted (or pine nuts)
¼ cup roasted pumpkin seeds



DIRECTIONS:

1. Cook the Continent Blend using the stove top steaming method. Bring the broth to a boil and add in Continent Blend and salt to taste. Boil for 20-22 minutes. Drain the grains and rinse with cool water.
2. Meanwhile, in a large bowl, mix together corn, red pepper, scallions, cranberries, carrots, cilantro and 2 T of the red onion.
3. In your blender combine remaining 1 T of red onion, garlic, soy sauce, lemon juice, olive oil, cumin and dried chipotle pepper. Pulse until well combined.
4. Combine grains and vegetable mixture and toss with dressing. Top with almonds and pumpkin seeds.