



FRESH HARVEST SALAD WITH DIJON VINAIGRETTE

MAKES 8 - 12 SERVINGS

Ingredients:

SALAD

- 3 c cooked sprouted rice and/or red quinoa
- 30 oz canned garbanzo beans, rinsed and drained
- 1/3 c dried cranberries
- 1/4 c sliced green onion
- 1 large bell pepper chopped
- 1 c carrots chopped
- 1/4 c fresh parsley chopped
- 1 Tbsp Italian seasoning (Fresco Spice Blends - Penney's Little Italy)
- 4 Tbsp slivered almonds

VINAIGRETTE DRESSING

- 1/3 c extra virgin olive oil
- 1/4 c rice vinegar
- 1 Tbsp honey
- 1 Tbsp dijon mustard
- 1/2 tsp salt
- 1/4 tsp pepper

Directions:

Place salad ingredients in mixing bowl, pour vinaigrette dressing over salad, and mix together.