

Grain Salad with Citrus Dressing

Ingredients (serves 6-8)

Salad:

1 cup cooked brown rice

2 cups chopped greens (I use arugula blend and Romaine)

1 large carrot, peeled and grated

½ cup dried cranberries, coarsely chopped

Grated zest of 1 orange

Grated zest of 1 lime

1 cup pecans or walnuts, toasted and chopped

Dressing:

Juice of 1 orange

Juice of 1 lime

2 Tablespoons finely chopped red onion

2 teaspoons maple syrup

3 Tablespoons olive oil

½ teaspoon salt

Mise en place! (Everything in its place)

Directions

1. Mix all salad ingredients together in large bowl.
2. Whisk all dressing ingredients in small bowl.
3. Add dressing to salad just before serving.

[Link to Video](#)