

Super Easy Superfood Salad

Dressing:

1/2 cup olive oil
1/2 cup balsamic vinegar
2 tablespoons brown sugar
2 teaspoon garlic powder
1 teaspoon mustard powder
1 pinch salt and pepper

Salad:

1 cup brown rice, cooked and chilled
1 cup barley, cooked and chilled
1 cup quinoa, cooked and chilled
10 oz fresh spinach, torn
1 cup fresh strawberries, sliced
1 cup fresh blueberries
1 cup tangerine, slices
1/4 cup green onion, chopped
red cabbage leaves for garnish, optional

Instructions:

In a medium bowl, combine the dressing ingredients. Whisk together well. Add a pinch of salt and pepper. Serve the dressing immediately or cover and chill.

Cook quinoa, brown rice and barley according to directions on packages. Allow to chill. It may be best to cook the grains the day before. Wash and dry all produce. Core and slice strawberries. Peel and section tangerine. Chop green onion. Tear spinach leaves. In a large bowl, combine all of the salad ingredients. Right before serving, add dressing to salad and toss.

Serves 4-6