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| http://i.imgur.com/hmO6yWL.jpg**Super Summer Whole Grain Salad****4 SERVINGS** Nutrition Facts per Serving:Calories: 300 Protein (g): 17Fat (g): 12 Carbohydrate (g): 34Ingredients:

|  |  |
| --- | --- |
| 1 cup | Precooked 5-grain blend |
| 1 | Carrot, diced |
| 1 | Sweet yellow pepper, diced |
| 1 | Small zucchini, diced |
| 3 | Radishes, halved and thinly sliced |
| 4 cups | Lightly packed baby arugula |
| ¾ cup | Cooled cooked peas |
| 1/3 cup | Pepitas, toasted |
|  |  |
| **Chive Citrus Vinaigrette:** |
| 3 tbsp. | Orange juice |
| 2 tbsp. | Olive oil |
| 1 tbsp. | White wine vinegar |
| ¼ tbsp. each | Salt and pepper |
| ¼ cup | Chives, chopped |

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**Directions:**1. In saucepan, bring 4 cups of water to a boil. Stir in grain blend.
2. Cook over medium-high heat until tender, 10-12 minutes. Drain and transfer to large bowl; let cool.
3. Add carrot, yellow pepper, zucchini, radishes, arugula, and peas to grain blend.
4. To make the dressing: in a small bowl, whisk together orange juice, oil, vinegar, salt, and pepper; stir in chives.
5. Toss salad and dressing, and sprinkle with pepitas.
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| C:\Users\Catherine\Documents\Grad School Texas State\Spring 2015\GA Appointment\Cooking Demo\BFF_logo.jpg**Asian Peanut Cole-Slaw****3 to 4 SERVINGS** **(1 cup per serving)**Nutrition Facts per Serving: Calories: 94 Protein (g): 4Fat (g): 8 Carbohydrate (g): 2Ingredients:

|  |  |
| --- | --- |
| 3 tbsp | peanut butter |
| 2 tbsp | warm water |
| 3 tbsp  | rice vinegar |
| 2 tbsp | lime juice |
| 1 tbsp  | minced fresh ginger |
| 1 ½ tsp | Sriracha (or other Asian hot sauce) |
| ½ tsp | soy sauce |
| 3 cups | thinly sliced red cabbage |
| 3 cups | thinly sliced green cabbage |
| 1 medium size | carrot (cut into tiny strips) |
| 1/3 cup | thinly sliced green onions |
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Directions:Combine the peanut butter, warm water, rice vinegar, lime juice, fresh ginger, Sriracha sauce and soy sauce and mix well to get a smooth, creamy texture.In a large bowl combine all the other ingredients with the peanut sauce and toss thoroughly. Now enjoy some delicious, nutritious coleslaw. |
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