Spinach Blueberry Superfoods Salad

Ingredients:

For the salad:
2 cups cooked whole grains (farro, quinoa, wild rice, couscous, or mix and match)
2 cups spinach leaves
1 cup blueberries
3/4 cup feta cheese
1/2 cup dried cranberries
1/2 cup dried cherries or raisins
1/2 cups sliced almonds
1/4 cup basil, finely minced

For the dressing:
1/4 cup olive oil
1/4 cup honey
1/4 cup apple cider vinegar
2 teaspoons Dijon mustard
Salt and pepper to taste

Directions:

1. Cook grains according to package instructions and let cool.
2. ***For the salad:*** Add all ingredients in the order listed to a large bowl. Set aside.
3. ***For the dressing:*** Add all ingredients to a small glass jar or container with a lid, put the lid on and shake vigorously until combined. Drizzle about half of the dressing over the salad, toss to combine, and add more, to taste. If you do not use all the dressing, extra will keep airtight in the fridge for up to 1 week.
4. Serve salad immediately or place in airtight container and serve chilled.

Nutrition Facts

Serving Size 1/2 cup (109g)
Servings Per Container 10

Amount Per Serving	
Calories 300	Calories from Fat 90
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 140mg	**6%**
Total Carbohydrate 45g	**15%**
Dietary Fiber 7g	**28%**
Sugars 14g	
Protein 8g	

Vitamin A 20% • Vitamin C 10%
Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:
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