



Harvest Grain Salad

This nutritious recipe is filled with comforting flavours you'll love and can be enjoyed as a meal or a side dish. This barley-based salad is a great source of fibre to help with digestive and heart health. A variety of seasonal veggies provide micronutrients that are important for overall health. Chickpeas provide a filling plant-based source of protein. This salad is bound to help you feel satisfied on those chilly days to come!

Makes 6 meal servings (1 cup) or 12 side servings (½ cup)

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

- 3 small sweet potatoes, peeled and diced
- 1 lb brussels sprouts, cut in half
- 3 rainbow beets, peeled and diced
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp garlic powder
- ¼ tsp cinnamon
- Olive oil
- 2 cups barley
- 2 cups water + 2 cups No Salt Added broth
- ½ cup chopped red onion
- 1 medium carrot, shredded
- 1 can chickpeas, drained and rinsed thoroughly
- ½ cup crumbled feta
- ¼ cup dried cranberries (or another type of dried fruit; raisins, apricots, cherries)



INSTRUCTIONS

1. On a baking sheet, combine prepared vegetables with seasonings and olive oil. Roast for about 30 minutes or until soft and slightly browned.
2. Bring broth and water to a boil. Add barley and boil for about 20 minutes or until cooked.
3. Prepare the Maple Dijon Dressing. Recipe can be found here.
4. In a large bowl, combine roasted vegetables, cooked barley, and remaining ingredients. Add Maple Dijon dressing and mix to combine.

Tip: This salad can be made in advance and makes for a great meal-prep recipe!

Check out our [FREE Resources](#) for more crave-worthy simple recipes and meal & snack ideas.