

YOGA FRUIT & GRAIN SALAD

By Elaine Gavalas

This dish was featured on Elaine's Yogi in the Kitchen web video series at <http://bit.ly/bugZt2>

4 Servings

Ingredients

2 cups spring or filtered water

1 cup seven whole grain mix like Kashi

1 tablespoon flaxseed

1 tablespoon extra virgin olive oil

1/2 cup chopped nuts or seeds (such as roasted walnuts, pecans, sunflower seeds)

1 medium plum tomato, chopped

1/4 cup chopped fresh flat-leaf parsley or your favorite fresh herb

1/4 cup finely chopped fresh mint

2 tablespoons fresh lemon juice

1/2 cup your favorite fresh organic fruit in season (such as blueberries, grapes, diced apples, diced peaches) or dried organic fruit (such as raisins, dried cherries, dried cranberries)

sea salt and freshly ground black pepper to taste

Directions

1. Place the water in a medium saucepan and bring to a boil over high heat. Add the grains mix and flaxseed, cover, and bring back to a boil. Reduce the heat and simmer until all the liquid is absorbed, and the grains are tender, about 25 minutes. Be sure to check the water level while simmering; you may have to add a little extra water if it starts to get dry.

2. In a large bowl, combine the cooked grains, oil, nuts, tomato, parsley, mint, lemon juice and fruit. Season with salt and pepper.

3. Cover and refrigerate if not serving the salad right away. Salad will keep fresh up to three days.

http://elainegavalas.com/_b_elaine_s_healthy_recipes_articles_short_stories_18354.htm