

# Fall Vegetable Salad

Take advantage of fall's bounty with this delicious & affordable one-dish meal!

Makes: 8 cups  
 Prep Time: 15 minutes  
 Cook Time: 15 minutes (if using couscous)

Source: Cooking Matters



Small Changes,  
BIG Difference!

## Ingredients

- ¾ cup barley, whole grain couscous, or quinoa
- 1 medium bulb fennel or 1 cup thinly sliced celery
- 1 bunch hearty greens, such as kale, chard, collard greens or beet greens
- 1 small beet
- 1 medium, firm apple
- 1 clove garlic
- ½ cup nuts or seeds, such as pecans, almonds, or walnuts
- 1 medium lemon
- ¼ cup cider vinegar
- 1 tablespoon dijon mustard
- ¼ cup canola oil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

### Optional Ingredients:

- 2 ounces cheese, such as blue, goat, or Cheddar cheese

## Utensils Needed

- Sharp knife
- Cutting board
- Fork
- Peeler
- Large saucepan with lid
- Measuring spoons
- Measuring cups
- Large mixing bowl
- Small bowl
- Small skillet



## Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	200
Total Fat:	12g
Saturated Fat:	1g
Cholesterol:	0mg
Sodium:	170mg
Total Carbohydrates:	22g
Dietary Fiber:	5g
Total Sugars:	5g
Added Sugars:	0g
Protein	4g

# DIRECTIONS

## Directions

1. Cook grains following package directions. Transfer to a large bowl. Prepare rest of salad while you let grains cool completely.
2. Rinse fennel, greens, beet and apple.
3. Cut any long stalks and fronds off fennel. Quarter fennel and cut out core. Slice thinly.
4. Remove stems from greens. Stack leaves together, roll into a thick log, and slice thinly.
5. Peel and cut beet into ¼-inch cubes. Cut apple into ¼ cubes.
6. Peel and mince garlic.
7. If using, crumble cheese or cut into ¼-inch cubes
8. In a small skillet over medium-low heat, add nuts or seeds. Cook until fragrant, 3-5 minutes. Transfer to a small bowl to cool.
9. Rinse and cut lemon in half. In a small bowl, squeeze juice. Discard any seeds.
10. Add vinegar, minced garlic and mustard to lemon juice. Whisk with a fork to combine. While whisking, slowly drizzle in oil. Season with salt and pepper.
11. When grains are cool, add fennel, greens, beet and apple. Drizzle with dressing and toss to combine. Sprinkle with the toasted nuts and cheese, if using.

## SAVE TIME, SAVE MONEY

### Preparation & Storage Tips

- Vary the vegetables according to what you have on hand and what's in season. Carrots, cabbage, pears, celery and dried fruit work nicely.
- Add leftover cooked chicken, roast beef, or beans for added protein. Serve as a 4-person entrée.
- Use any apples you like, such as Granny Smith, Pink Lady, or Fuji.
- If your fennel comes with the feathery "fronds" still on it, you can finely chop and add some to salad to give it an extra punch of flavor.
- Refrigerate any leftovers in an airtight container for up to 3 days.

### My Cooking Notes

# SHOPPING LIST

Average total cost without oil and seasonings: \$19.91

Average cost/serving: \$2.49

Makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Kale, 1 bunch



Add 1 to Cart  
Apple Cider Vinegar, 16 oz



Add 1 to Cart  
Dijon Mustard, 10.1 oz



Add 1 to Cart  
Beets



Add 1 to Cart  
Fennel (bulb)



Add 1 to Cart  
Whole Wheat Couscous, 8 oz



Add 1 to Cart  
Lemon



Add 1 to Cart  
Almonds, 6 oz



Add 1 to Cart  
Apple



Add 1 to Cart  
Garlic (bulb)