



7-Grain Pilaf and Orange Salad

Ingredients

1 cup [Kashi 7 Whole Grain Pilaf](#) (or brown rice, bulgar wheat, quinoa or a combination of all 3)

2 cups water (for Kashi pilaf only, if using another grain prepare with the amount of water the package says)

Nonstick cooking spray

1 cup slivered almonds

1 cup shelled edamame beans

1 cup Mandarin oranges, canned in mandarin orange juice not syrup

3 green onions

1 cup dried cranberries

¼ cup lemon juice

¼ cup sugar

1/8 teaspoon pepper

¼ cup canola oil

1/2 cup feta cheese (optional)

Instructions

Prepare Kashi 7 Whole Grain Pilaf (or other whole grain of your choice) according to package; scoop out onto a large plate to cool.

Spray baking sheet with cooking spray, spread slivered almonds out on it, and bake about 5 minutes or until almonds are golden brown.

Cook edamame by boiling for 3 minutes or until tender. Drain and set aside in

refrigerator to chill.

Drain Mandarin oranges and reserve ½ cup of liquid from can.

Slice onions thinly.

In a large bowl, mix dried fruit, edamame, green onions, and almonds with Kashi 7 Whole Grain Pilaf.

In another bowl, whisk together lemon juice, sugar, half of the Mandarin juice, and pepper. While whisking, slowly drizzle in the oil until a dressing forms.

Pour the dressing over salad and mix well.

Add Mandarin oranges and mix gently.

Let salad rest at room temperature for 10 minutes to allow flavors to combine.

Serve topped with feta cheese if desired.

Serves 10-12 as a side dish