

Confetti Grain and Bean Salad

2 C cooked grain of your choice – quinoa, bulgur, barley, couscous, farro, wheatberry, rice
1 (14.5oz) can bean of your choice, drained
 OR 1½ C cooked beans from dry – white beans, garbanzo, kidney, azuki, black beans
2 T olive oil
1 clove garlic, minced
1 T minced fresh ginger – or ¼ t dried ginger
1 small carrot, diced (about ½ cup)
1 celery stalk, diced (about ½ cup)
1 C sweet bell pepper (red, yellow, orange), diced – can substitute jar roasted red peppers
½ C peas, frozen
¼ C red onion, minced or 3 scallions, sliced thin
Juice and zest of 1 lemon
¼ C toasted nuts – almonds, pistachios, pumpkin seeds
Sea salt and pepper to taste

Cook your choice of grain according to package directions.

Prepare the vegetable medley: Heat the olive oil in a medium sauté pan, add the ginger and garlic, stir until it is aromatic but not colored, about 2 minutes. Add the carrots and celery and sauté another minute; stir in the remaining vegetables and sauté just long enough for the vegetables to heat through, about three minutes. Remove from heat, add the cooked grain, the beans, toasted nuts, and season with lemon juice and zest, salt and pepper. Serve warm or at room temperature.

Serves 4 to 6.