



GET MORE RECIPES AT
WWW.THOMASCUISINE.COM



whole
grains
WINTER PROMOTION

SUPER GRAIN HOLIDAY SALAD



Super Grain Holiday Salad

Yield: 10 each / 6 oz portions



Raw Super Grains



Serve in a Bowl or Plated

Ingredients: Grain Salad

- 3/2 oz cooked Farro, Black Pearled Barley, and Freekeh (combine these ingredients at will, then cook per instructions on package)
- 2 cups (cooked) Butternut Squash
- 1 cup Spiced Pumpkin Seeds
- 1 tsp Cayenne Pepper
- 1 cup Dried Cranberries
- 2 Tbsp Olive Oil
- 20 oz Baby Spinach
- Salt & Pepper to taste

Ingredients: Maple Balsamic Dressing

- 1/4 cups Dijon Mustard
- 3/4 cups Balsamic Vinegar
- 1 cup Maple Syrup
- 2 cups Olive Oil Blend (90/10 canola to olive oil)

Note:

The Maple Balsamic dressing should be blended in an immersion blender slowly and thoroughly in order to combine all ingredients to a smooth consistency.



Super Grain Holiday Salad

Preparation

1. Prepare the Maple Balsamic Dressing. Reserve for service.
2. Toss pumpkin seeds in 1Tbsp of olive oil and 1 tsp cayenne pepper and toast for 5-6 minutes at 350 degrees. Cool and reserve for service
3. Peel, medium dice, season the butternut squash with 1Tbsp olive oil and salt and pepper. Roast the butternut squash for 25-30 minutes. Cool and reserve for service.
4. In a large bowl, mix super grain medley, butternut squash, pumpkin seeds, dried cranberries, and season with salt and pepper to taste.
5. Place 2 oz of raw baby spinach down as the base to the salad. Add 6oz of the grain medley mix from the previous step. Last, drizzle maple balsamic to taste.