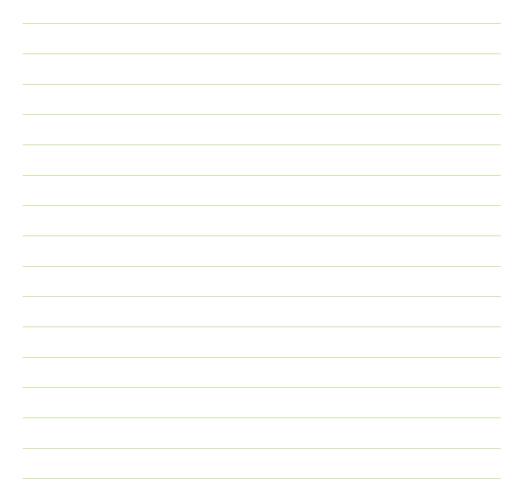
Notes:





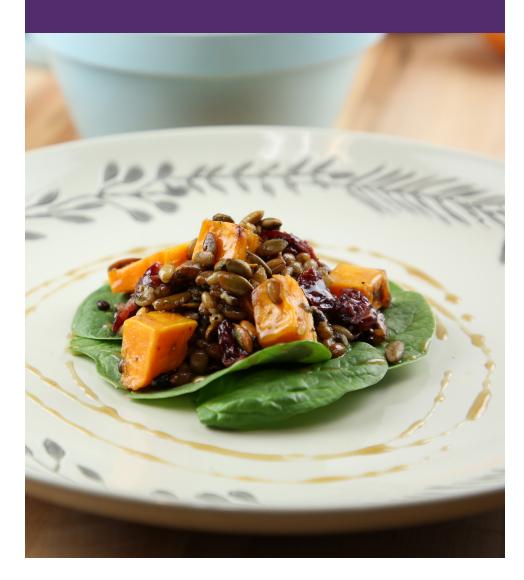






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Super Grain Holiday Salad

Yield: 10 each / 6 oz portions



2

- Raw Super Grains

Ingredients: Grain Salad

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

Ingredients: Maple Balsamic Dressing

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

Note:

Serve in a Bowl or Plated

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.