

Hearty Strawberry Grain Bowl



DelFresco
Pure®

Yield: 2 Bowls

Prep Time: 5 minutes

Total Time: 10 minutes

Satisfy your craving for something delicious and fuel your body at the same time with this filling salad comprised of whole grains, colourful strawberries, vegetables and black beans.

Ingredients:

- 1 cup whole grain blend, cooked
- 2 cups baby spinach
- ½ cup chopped DelfrescoPure® greenhouse grown cucumber
- ½ cup chopped DelfrescoPure® greenhouse grown red pepper
- ½ cup chopped DelfrescoPure® greenhouse grown orange pepper
- ½ cup chopped DelfrescoPure® greenhouse grown tomatoes on the vine
- 1 package (340g) YES!Berries strawberries, cut into quarters
- ½ cup black beans
- ½ avocado, sliced

Directions:

1. Wash and prepare vegetables and strawberries. If using canned beans, drain and rinse.
2. Build salad with your choice of whole grain and spinach as the base, then top with the cucumber, peppers, tomatoes, strawberries, black beans and avocado

Cooking Tips:

Serve with a simple lemon vinaigrette dressing. Shake to combine 4 tbsp olive oil with 2 tbsp fresh lemon juice, plus ½ tsp Dijon mustard, ½ tsp liquid honey and salt and pepper to taste.



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Nutrition Facts:

Serving Size: 1, Calories 183, Total Fat 1.7g (2% Daily Value), Saturated Fat 1g (5% Daily Value), Cholesterol 6mg (2% Daily Value), Sodium 66mg (3% Daily Value), Potassium 722mg (15% Daily Value), Carbohydrate 35.3g (13% Daily Value), Dietary Fiber 3.2g (11% Daily Value), Sugars 25g, Protein 7g