



## The Crisper Whisperer: How to Use Up Your Misfit Vegetables



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



410 kcal

SIDE DISH

### Ingredients

- ☐ 2 tablespoons champagne vinegar
- ☐ 1 handful herbs like: thym mixed minced
- ☐ 0.3 cup olive oil
- ☐ 9 servings pepper black generous
- ☐ 0.5 small onion diced red finely
- ☐ 4 cups savory vegetable mixed
- ☐ 0.3 teaspoon salt

- ☐ 1 cup wheat berries wild dry such as wheat berries, farro, brown or rice, quinoa\*, or couscous

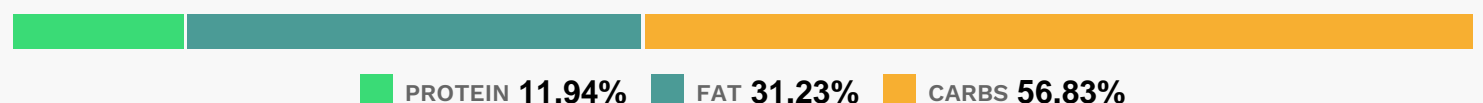
## Equipment

- ☐ bowl
- ☐ whisk
- ☐ sieve

## Directions

- ☐ First, choose your grain. Rinse it thoroughly under running water in a fine-mesh sieve, and then cook in boiling, well-salted water according to package directions.
- ☐ Drain if necessary.
- ☐ Meanwhile, in a large bowl, combine the oil, vinegar, salt and pepper and whisk to blend well.
- ☐ Add the diced red onion.
- ☐ Choose, prepare, and add your vegetables. I know it's a leap of faith, but there are many good choices here and few not-so-good ones. You can opt for a combination of textures or a simpler approach. Good choices include: Steamed leafy greens such as kale, collards, chard, spinach and the like, drained well and cut into bite-sized pieces
- ☐ Grilled summer squash or eggplant
- ☐ Diced raw carrots, peppers, celery, cucumbers, tomatoes, or radishes
- ☐ Winter squash or root vegetables, diced and roasted
- ☐ Choose and add your herbs. A mixture of two parts basil, two parts parsley and one part mint would work well with a wide variety of veggies.
- ☐ When the grains are cooked and still hot, add them to the bowl and toss to combine.
- ☐ Serve warm, at room temperature, or chilled.
- ☐ \*Quinoa is actually a seed, but it makes a great grain salad anyway.

## Nutrition Facts



## Properties

Glycemic Index:43.5, Glycemic Load:8.06, Inflammation Score:-10, Nutrition Score:16.068695747334%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 410.09kcal (20.5%), Fat: 15.03g (23.12%), Saturated Fat: 2.05g (12.82%), Carbohydrates: 61.51g (20.5%), Net Carbohydrates: 47.27g (17.19%), Sugar: 0.59g (0.65%), Cholesterol: 0mg (0%), Sodium: 232.37mg (10.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.92g (25.84%), Vitamin A: 9269.84IU (185.4%), Fiber: 14.24g (56.97%), Manganese: 0.5mg (25%), Vitamin C: 20.07mg (24.33%), Iron: 3.51mg (19.48%), Vitamin B1: 0.23mg (15.25%), Folate: 55.77µg (13.94%), Vitamin E: 1.95mg (13.02%), Potassium: 413.47mg (11.81%), Magnesium: 46.06mg (11.52%), Vitamin B3: 2.3mg (11.51%), Phosphorus: 112.6mg (11.26%), Vitamin K: 10.63µg (10.12%), Vitamin B6: 0.19mg (9.63%), Vitamin B2: 0.16mg (9.36%), Copper: 0.18mg (9.02%), Calcium: 73.44mg (7.34%), Zinc: 0.85mg (5.68%), Vitamin B5: 0.32mg (3.18%), Selenium: 0.81µg (1.16%)