

Lunch | Snack | Side

Pear and Walnut Grain Salad

15-20 Mins
Prep Time

0 Mins
Cook Time


4
Servings

 **371** Calories **20g** Fat **39g** Carbs **7g** Protein



Ingredients

 **4 Servings**  **15-20 Mins Total Time**  **Allergens: Nuts**

2 (8.5oz) Packages Microwave Brown Rice and Quinoa Mix, any microwavable grain will work well 

1 Pear, chopped 

2 Celery Stalks, chopped

1 Tbsp Shallot, minced

2 Tbsp White Balsamic Vinegar

1 Tsp Dijon Mustard

2 Tbsp Extra Virgin Olive Oil

¼ Cup Chopped Walnuts 

Salt and Pepper, to taste

Allergen Swap

Nuts Replace the walnuts with sunflower seeds

Nourishment Note



Whole Grains

Whole grains, such as those used in this recipe, contain important B vitamins to help your body feel it's best. It also contains fiber to help promote heart health.



Pears

Pears contain a variety of nutrients including antioxidants to help reduce inflammation associated with lupus. The skin of a pear contains high amounts of fiber that can help relieve constipation a side effect that may occur from certain medications.



Walnuts

Walnuts are one of the few plant-based sources of omega-3 fatty acids. These types of fats are important for heart and brain health, as well as reducing inflammation associated with lupus.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Microwave Grain Mixture

Microwave the grain mixture according to package directions. Once done, spread onto a baking sheet and allow to cool.

3. Chop Pear, Celery & Shallot

While the grains are cooking, chop the pear, celery and shallot. Set aside.

4. Whisk Together Dressing

To a large mixing bowl whisk together the white balsamic vinegar and mustard. Drizzle in the olive oil while whisking.

5. Combine Salad

To the bowl, add the grain blend, pear, celery, shallots and walnuts. Toss to combine. Sprinkle with additional salt and pepper, if desired.

6. Wash Hands

Wash hands with soap and water.

Recipe adapted from [Food Network Magazine](#)

What You'll Need



Cutting Board



Knife



Measuring Spoons



Large Mixing Bowl



Whisk



Mixing Spoon



Baking Sheet

Fatigue Buster

- Using a microwavable grain blend helps to reduce the amount of preparation time of this recipe.
- Ask a friend or family member to help make this recipe.