

SUMMER

Aunt Cathy's Salad

Aunt Cathy made this salad for us in July of 2013. It's so full of wholesome, fresh deliciousness! We made it again in June 2014 for a Cub Scout Pack meeting, and it was a hit there, as well. Serve this salad as a one-dish meal as well.

1/2 package Harvest Grains mix, cooked (in water or chicken stock) for about 20-30 minutes (available at Trader Joe's, or a combination of coucous, orzo, baby garbanzo beans, and red quinoa)
frozen (or fresh) white corn
cranberries (or currants)
sunflower seeds
tomatoes (bite-size yellow and red work well)
grated Parmesan cheese
arugula, rinsed
pesto sauce

Mix everything together and chill, if you want it cold. Makes one large salad.

Serving Suggestion: Sliced watermelon and homemade rolls, or as a side dish at a BBQ