

Barley Autumn Salad

- 2 cups Barley, cooked
- 1 lb Sweet Potato, cubed and roasted
- 1/2 cup Dried Cranberries
- 4 cups Kale
- 1/2 cup Walnuts

Dressing:

- 2 Tbs Maple Syrup
- 3 Tbs Lemon Juice
- 4 Tbs Olive Oil
- 1/2 tsp Ground Mustard
- 1/4 tsp Himalayan Salt

- Whisk together dressing ingredients and set aside. In a large bowl, combine barley, sweet potato, cranberries, kale, and walnuts. Pour dressing on top, and toss.
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Black Bean Mango Salad

- 1-15 oz can Black Beans, drained and rinsed
- 1 cup Red Bell Pepper, diced
- 1 small Red Onion, diced
- 1 Jalapeno, diced
- 1/4 cup Cilantro, chopped
- 1/4 cup Lime Juice
- 1 Tbs Olive Oil
- 2 cups Mango, cubed
- Salt, to taste

- Combine all ingredients into a mixing bowl and stir to combine.
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Chopped Greek Salad

- 2 cups Cucumbers, quartered and sliced
- 1-15oz can Garbanzo Beans, drained and rinsed
- 1 cup Bell Peppers, diced
- 1 1/2 cup Cherry Tomatoes, diced
- 1/4 cup Red Onion, minced
- 1/2 cup Olives
- 1/4 cup Parsley, chopped

Dressing:

- 1/4 cup Olive Oil
- 3 Tbs Lemon Juice
- 1 tsp Ground Mustard
- 1/2 tsp Onion Powder
- 1/2 tsp Garlic Powder
- 1/2 tsp Oregano, dried
- 2 Tbs Nutritional Yeast Flakes

- Whisk together dressing ingredients. Combine the rest of the ingredients into a bowl and pour dressing on top. Stir to combine.