

# Picnic Perfect Pulses

# Picnic Protein Bowl



**MAKES:**  
4-6 servings  
(6 cups/ 1.5 L prepared)



**PREP TIME:**  
20 minutes

## Dressing

3 Tbsp (45 mL) .....white wine vinegar  
1 Tbsp (15 mL) .....honey  
2 tsp (10 mL) .....whole grain mustard  
½ tsp (2 mL) .....ground turmeric  
¼ cup (60 mL) .....canola oil  
to taste salt and ground black pepper

## Salad

1 ½ cups (375 mL) ....cooked or canned black beans (drained and rinsed)  
1 ½ cups (375 mL) ....cooked pearl barley  
1 ½ cups (375 mL) ....chopped red bell pepper (approx. 1 large pepper)  
¼ cup (60 mL) .....chopped dried cranberries  
3 Tbsp (45 mL) .....chopped fresh dill  
3 Tbsp (45 mL) .....lightly toasted sunflower seeds, divided  
2 cups (500 mL) .....packed baby arugula or spinach

## Directions

To prepare the dressing: whisk together the vinegar, mustard, honey and turmeric. Slowly drizzle in the oil, whisking continuously. Season to taste with salt and black pepper.

Combine all the salad ingredients together in a large bowl, reserving 1 Tbsp (15 mL) sunflower seeds.

Add as much of the dressing as desired to the salad and toss to fully coat. Season to taste with salt and black pepper and garnish with remaining sunflower seeds.

## Nutrients per serving (1 cup/250 mL)

250 Calories, 12 g Fat, 1 g Saturated Fat, 0 mg Cholesterol, 32 g Carbohydrate, 7 g Fibre, 8 g Sugar, 6 g Protein, 181 mg Sodium, 380 mg Potassium, 2 mg Iron, 77 mcg Folate

**PULSES** are the dry edible seeds of legumes and include beans, peas, lentils and chickpeas. Pulses like black beans are a delicious source of protein and fibre and are grown in Alberta.

**Alberta Pulses -  
good for the farm, good for you!**

For more tasty recipes visit  
[AlbertaPulse.com](http://AlbertaPulse.com)

  
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