



## Family-Style Side: Grilled Veggie Grain Salad

with Mozzarella & Pesto



30-40min



2 Servings

Get the whole family together! This hearty salad is full of peak-season summer veggies, fresh mozzarella, and herbaceous pesto. We boil our Italian five-grain blend like pasta so you don't have to worry over fussy water measurements. In the meantime, throw the veggies on the grill, stir up a balsamic dressing, and put it all together for a lightning-fast side. (2p-plan serves 4; 4p-plan serves 8)



## What we send

- 1 zucchini
- 1 yellow squash
- 1 yellow onion
- 1 bell pepper
- 2 (4 oz) Italian 5-grain blend<sup>1</sup>
- 4 oz basil pesto<sup>2</sup>
- 3¼ oz mozzarella<sup>2</sup>
- ¼ oz fresh parsley

## What you need

- kosher salt & pepper
- olive oil
- balsamic vinegar (or red wine vinegar)

## Tools

- medium saucepan
- grill or grill pan

## Cooking tip

No grill? No problem! Preheat broiler with a rack in the top position. Add veggies in a single layer to a rimmed baking sheet. Broil until lightly browned and tender, flipping once, about 5 minutes.

## Allergens

Wheat (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 550kcal, Fat 31g, Carbs 56g, Protein 16g



### 1. Prep ingredients

Bring a medium saucepan of **salted water** to a boil.

Trim stem ends from **zucchini** and **squash**, then slice on an angle into ¼-inch thick rounds. Slice **onion** into ¼-inch thick rings. Halve **pepper**, remove stem and seeds, then cut into 1-inch thick strips.



### 4. Grill veggies

Reduce grill or grill pan heat to medium-high. Add **veggies**; cover and grill until lightly charred and tender, flipping halfway through, 10-15 minutes.



### 2. Cook grains

Add **grain blend** to boiling **salted water** and cook (like pasta) until tender, about 12 minutes. Drain, shaking out excess water, and return to saucepan off heat. Cover and set aside until step 6.



### 5. Make dressing

Meanwhile, in a small bowl, whisk **2 tablespoons each of oil and vinegar**. Season to taste with **salt** and **pepper**.



### 3. Season veggies

While **grains** cook, preheat a grill or grill pan over high (if you don't have a grill, see cooking tip).

In a medium bowl, combine **zucchini, squash, peppers, onions, 2 tablespoons oil**, and **a generous pinch each of salt and pepper**. Gently toss to coat.



### 6. Finish & serve

Slice or tear **mozzarella** into bite-sized pieces. Pick **parsley leaves** from stems; discard stems. Add **pesto** to **grains**, stirring to coat; season to taste with **salt** and **pepper**.

Serve **grain salad** topped with **grilled veggies, mozzarella, dressing**, and **parsley leaves**. Enjoy!