



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 blend¹
- 4 oz basil pesto⁷
- 3¾ oz mozzarella⁷
- 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 (7). 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!