

Mix it up with grain bowls

**Red Beans
and Rice Salad**
Rice is easy to cook and
pairs well with many foods.



**Quinoa and
Vegetable Salad
with Tzatziki**
Quinoa adds plant-based
protein to this classic dish.



**Grape and
Farro Salad
with Pepitas**
Farro brings a fun, unique
and flavorful twist to this
sweet and savory salad.



**Barley Salad
with Pomegranate
and Goat Cheese**
Barley adds a nutty flavor
to this hearty salad.



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From your Stop & Shop registered dietitian:

Grains are a nutrient-rich staple containing fiber, B-vitamins, and minerals including magnesium and zinc. Try these grains to create wholesome winter soups, stews, grain bowls and more!

Tina RD

