

YOU CAN *COOK* THAT

How to Make the Summer's Tastiest Grain Salads

Grain salads make ideal meals for hot summer days and nights. These tips from professional chefs will help you put together the best possible versions of this warm-weather staple.

By **Taylor Tobin** | June 29, 2021

When outdoor temperatures rise, home cooks frequently seek out meals that prove both satisfying and refreshing. A dish that includes hearty grains, bright seasonal herbs, freshly-harvested fruits and veggies, and invigorating proteins fits the bill for a summertime repast, especially when it can be served either hot or cold. For all of these reasons, the grain salad deserves its reputation as a mealtime MVP between Memorial Day and Labor Day.

Read on for a guide to some of the most popular salad grains out there, along with suggestions for how to use them to make a balanced and delicious meal.

5. When in doubt, keep it simple.

"Flavorful" and "fussy" never need to be synonymous, and when it comes to grain salads, owner/founder Maya Kanarek of [Grater Greens](#) in San Diego, California believes that "simpler is always better and tastier! Don't overcomplicate the dish. Some grilled veggies, your favorite grains, and clean ingredients such as fresh cucumber, tomatoes, herbs, olive oil, and lemon are always a winner."

All Recipes features Grater Greens

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