



## Crunchy Veggie Freekeh Salad

We just discovered the ancient whole grain freekeh and want to share this discovery with you! Put some crunch in your lunch (or dinner) with this sweet and satisfying whole grain salad full of protein, fiber, healthy fats, vitamins A and C and iron. The extras travel well in a lunch box!

### Ingredients:

2 1/2 cups water  
1 cup organic freekeh  
3 carrots, finely chopped (1 cup)  
2 celery stalks, finely chopped (1/2 cup)  
1 large green bell pepper, finely chopped (1 cup)  
1/2 cup dried raisins (or cranberries)  
1/4 cup thinly diced chives or scallions  
1 tablespoon extra-virgin olive oil or walnut oil  
1 tablespoon balsamic vinegar  
2 teaspoons cider vinegar  
1/8 teaspoon sea salt  
1/4 cup chopped fresh dill  
1/4 cup feta cheese, crumbled

### Directions:

1. In medium saucepan, combine water and freekeh; heat to boiling over high heat. Reduce heat to medium; cover and simmer 40-50 minutes or until freekeh is tender. Drain freekeh if needed; set aside to cool slightly.
2. In large bowl, stir together carrots, celery, bell peppers, raisins, chives, olive oil, balsamic and cider vinegars and sea salt.
3. Toss in dill and feta cheese to distribute evenly throughout the salad before serving.

Makes 8 servings (1/2 cup per serving).

**Nutrition Facts per serving:** 120 calories; 3g fat (0.5g sat fat, 1g mono, 1g poly, 0g trans fat); 0mg cholesterol; 21g carbohydrate (1g fiber, 5g sugar); 4g protein; 110mg sodium; 70% Daily Value (DV) vitamin A; 35% DV vitamin C; 4% DV calcium; 15% DV iron.