



BEST EVER FARRO SALAD

Source: Lena Abraham

INGREDIENTS

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| 1 cup whole grain farro | 2 tsp honey |
| 2 cup low sodium vegetable broth | Fresh ground pepper |
| 1 1/2 tsp kosher salt (or to taste) | 2 cups arugula lightly packed |
| 1 bay leaf | 1 green apple chopped |
| 1 large shallot, very thinly sliced | 1/2 c shaved parmesan cheese or to taste |
| 1/3 cup of extra virgin olive oil | 1/4 cup of chopped basil |
| 3 tbsp apple cider vinegar | 2 tbsp of chopped parsley |
| 1 tbsp Dijon mustard | 1/4 cup of chopped pecans toasted |

DIRECTIONS

1. In medium saucepan, combine farro, vegetable broth, salt and bay leaf. Bring to boil, then reduce to simmer and cook, stirring occasionally until farro is tender and no broth remains, about 30 minutes. When cooked, transfer to large bowl to cool.
2. In the meantime, make fried shallots: in a small saucepan over medium heat, combine oil and shallots. When shallots begin to bubble, reduce to medium-low and cook, stirring occasionally until shallots are golden and crisp, about 15-20 minutes. Remove shallots from the oil with slotted spoon and place on paper-towel lined plate and season with a pinch of salt and cool.
3. Make dressing by whisking the cooled olive oil, vinegar, mustard and honey with pepper.
4. Assemble all ingredients and drizzle dressing over salad, toss to coat.

Tips: This salad is very versatile. Feel free to substitute any nuts or fruit. You can add a protein if you wish or use as a side. This salad holds up very well for 1-2 days in the refrigerator. Enjoy!



MEDITERRANEAN KAMUT SALAD

SOURCE: CHEF BILL NOLAN

Kamut can be cooked ahead to save time. The vegetables are interchangeable so feel free to substitute and experiment. To make this an entrée dish feel free to add rotisserie chicken or sauteed shrimp.

Ingredients

- 1 cup Kamut, cooked
- ½ cup feta cheese, crumbled
- ½ small red onion, diced
- 1 red, orange, or yellow bell pepper, diced
- ½ cup olives of your choice, chopped
- 1 cup cherry or grape tomatoes, halved

Dressing

- 2 cloves garlic minced
- 2 teaspoons Dijon mustard
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 3 tablespoons balsamic vinegar
- 6 tablespoons extra virgin olive oil

Directions

1. Rinse the Kamut in a strainer under cold running water. Bring 2 quarts of water to a boil and add Kamut. Bring to a boil and then reduce to low. Cover and cook for 40 – 60 minutes or until tender. Drain and set aside to cool.
2. Combine remaining salad ingredients and add to the cooked Kamut.
3. Combine dressing ingredients and whisk together well. Drizzle about half over the salad. Toss and taste, if it needs more dressing add a little at a time.
4. Reserve the remaining dressing for another use.
5. Chill until ready to serve.

TURKISH BULGUR PILAF WITH SPICED ALMONDS, DATES, & SULTANAS

Source: The Culinary Institute of America; Healthy Kitchen, Healthy Lives

INGREDIENTS

1 3/4 cup water	1/4 cup sultanas, golden raisins
1 cup bulgur, raw	3 ea. dates, pitted and sliced into 1/4" slivers
1 tsp salt, divided	1/4 cup almonds, toasted, whole, skin on
2 Tbsp butter or vegan butter, unsalted	1/4 tsp cinnamon, ground
2 ea. carrots, peeled and julienned	1/8 tsp cayenne pepper
1/2 ea. onion, medium, thinly sliced	Parsley, flat leaf, chopped. As desired, for garnish

DIRECTIONS

1. Bring water to a boil in a small saucepan, add bulgur and 3/4 teaspoon salt, stir, then bring back to a boil. Lower heat to a simmer, cover, and cook until all water is absorbed, checking after 10 minutes. Then, fluff with a spoon and cover for at least 5 minutes, until all moisture has been absorbed. Keep covered until ready to add to remaining ingredients.
2. Meanwhile, melt butter in a large skillet over low heat. Then, add carrots, onion, sultanas, and dates with remaining 1/4 teaspoon of salt and cook until softened, about 3 minutes, stirring occasionally.
3. Stir in almonds, cinnamon, and cayenne and continue to cook until fragrant, another 1 to 2 minutes.
4. Add cooked bulgur to carrot mixture and stir until evenly distributed. Adjust salt to taste, then garnish with parsley and serve immediately.

