



Autumn Glow Salad

Yield: 8 cups

Ingredients:

To Cook the Einkorn Grain:

1 cup Fieldstone Organics Einkorn (pre-soaking in water will reduce the cooking time)
2 cups water (add a pinch of salt to water)

To Cook the French Green Lentils:

1/3 cup Fieldstone Organics French Green Lentils
1 cup water

Vegetables for salad:

1 head cauliflower
2 sweet potatoes
2 tbsp olive oil
A sprinkle of dried thyme and rosemary
1 large apple

To make the Dressing:

½ cup minced parsley
2/3 cup olive oil
Juice of one lemon
1 small clove garlic, minced
1 – 1 ½ tsp honey (to taste)
½ tsp. salt
Pepper to taste

Preparation:

1. Combine Einkorn, water & salt in a pot. Bring to a boil, reduce to medium/low for 20 – 30 minutes until grains are tender (less time if pre-soaked). Once cooked, drain excess water.
2. Combine French Green Lentils and water in a pot. Bring to a boil. Simmer at medium/low for 15 minutes until lentils are cooked, el dente. Drain excess water.
3. Preheat oven to 425 degrees. Chop the cauliflower into small florets (small enough to fit into one ounce tasting cups). Peel and chop the sweet potatoes into approximately ½ inch cubes. Place cauliflower and sweet potatoes on baking sheet and drizzle with olive oil. Sprinkle with

thyme and rosemary and roast for 10 – 15 minutes. When they are golden brown and soft remove from oven and set aside.

4. While veggies are roasting combine dressing ingredients and chop the apple into small pieces.
5. When Einkorn, Lentils and roasted vegetables are slightly cool, transfer to a large mixing bowl. Add dressing and apple. Add extra lemon juice, salt & pepper to taste.
6. Refrigerate & serve.

Recipe adapted from: pinch of yum