

Broccoli & Emmer Salad with Honey Mustard Dressing

Serves 6-8

Ingredients

1/2 cup whole grain Fieldstone Organics Emmer (dry)
6-8 pieces of bacon, cooked & crumbled
3 cups broccoli, chopped
1/2 cup red onion, diced
1 cup whole pecans or walnuts, roasted & coarsely chopped
1/2 cup dried cranberries
1/2 cup frozen peas
salt & pepper to taste

Honey Mustard Dressing

1/2 cup Dijon mustard
3-4 tablespoons honey
1/4 cup light olive oil
2 tablespoons lemon juice
1 medium clove of garlic, finely diced

Method:

Step 1. Cook Emmer

Add 1/2 cup of whole grain emmer to 3 cups boiling water. Simmer on medium-low for 35 - 45 minutes. Turn heat off. Let grain sit in water for about 5 minutes. Drain excess liquid, set emmer aside to cool.

Step 2. Mix Dressing

In small bowl add together: Dijon mustard, honey, olive oil, lemon juice, and garlic. Whisk vigorously (3-4 minutes) until all ingredients are thoroughly incorporated. Dressing should be creamy.

Step 3. Chop Vegetables, Marinate, Serve

Chop broccoli (stems and all) into small bite size pieces. Dice onion. Blend broccoli and onion in large bowl along with cooled emmer. Dress ingredients with 1/2 cup of the honey mustard dressing and stir until well combined (save the remaining dressing for later). Place marinating broccoli in refrigerator for at least 30 minutes (this can marinate 2-3 hours before serving).

While the blend is in the refrigerator; cook slices of bacon until browned. Turn off heat. Place strips of bacon on a paper towel and allow slices to cool. Crumble into small pieces, set aside. Reserve 1 tablespoon of bacon grease in cast iron skillet. Roast whole nuts in bacon grease until browned, cool in separate bowl then chop coarsely. Set aside bacon, nuts, cranberries and frozen peas until ready to serve. Peas should remain in the freezer until salad is ready to serve.

Just before serving add: dried cranberries, nuts, and frozen peas to broccoli-emmer blend. Mix all ingredients together until well blended. If salad seems dry, add remaining dressing or a little extra olive oil. Top with crumbled bacon. Serve alone or on top of freshly picked greens.

Recipe adapted from: bluebirdgrainfarms.com