



Winter Solstice Festive Spelt Salad

Toss together:

- 1Tbsp. Olive Oil
 - 3 Tbsp. balsamic vinegar
 - 1 cup cooked Spelt
 - ½ cup diced firm tofu
 - 1 cup sliced carrots
 - 2 cloves garlic, minced
 - 1 cup cauliflower, chopped
 - 2 Tbsp. onion, chopped
 - 2 Tbsp. dried cranberries
 - Fresh thyme, salt & pepper to taste
- Top with ½ cup lightly toasted walnuts.



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