



## Khorasan a l'Orange Salad

### **Ingredients:**

1 cup orange juice  
1 cup Khorasan (uncooked)  
½ cup dried cranberries  
½ cup each diced celery and carrot  
¼ cup minced red onions  
¼ cup chopped walnuts, pecans or natural almonds  
1/3 cup chopped fresh parsley  
2 T fresh mint leaves  
1 T olive oil  
1 T freshly squeezed lemon juice  
1 t grated lemon zest  
¼ t salt  
1/8 t freshly ground black pepper

### **Procedure:**

- Cook Khorasan in 2 cups water for approximately 1 hour. Bring to a boil and simmer. Check and if almost cooked add 1 cup of orange juice and continue to cook for approximately 20 minutes. Remove from heat and let stand.
- Meanwhile place cranberries, celery, carrots, red onions and walnuts in a large bowl.
- Once grain is cool drain any remaining liquid and add to cranberry mixture.
- Add parsley, mint, olive oil, lemon juice, lemon zest, salt and pepper. Mix well.
- Cover and refrigerate for at least 2 hours before serving

