



## Berry Sprouted Grain Salad

### Ingredients:

- 2 cups Fieldstone Organics Khorasan or Spelt, sprouted
- 4 cups fresh greens
- 10 fresh strawberries, quartered (or other seasonal berries)
- 1/3 cup freshly grated Cascadia cheese (Terroir Cheese)
- ½ cup chopped walnuts, roasted



### Dressing:

- ½ cup fresh orange juice (from 2 oranges)
- 1/3 cup extra virgin olive oil
- 2 T orange zest
- 2 T local honey
- ¼ cup fresh mint leaves, packed, finely chopped
- 1 t Kosher salt
- ½ t freshly ground pepper

### Directions:

Follow our sprouting chart found online at [fieldstoneorganics.ca](http://fieldstoneorganics.ca) for sprouting directions. Alternatively, cooked grain can be used in this salad.

Roast walnuts in oven or on your stovetop and add to remaining salad ingredients. Pour dressing on salad and blend. Recipe adapted from Giada De Laurentiis. The Food Network



