

Spanish Emmer Bowl

A great combination that's filling for breakfast or an easy weeknight dinner. Cook the emmer and lentils in advance to make this meal come together even quicker.

Serves 2

3 tsp butter, divided

½ cup onions

1 ½ cups cooked, Fieldstone Organics Emmer

½ cup cooked black beans or substitute with ½ cup cooked Fieldstone Black Lentils

¾ tsp each ground cumin and chili powder

1 tbsp freshly squeezed lime juice

1 tbsp minced fresh cilantro

2 eggs

½ medium avocado, sliced

½ cup salsa

¼ cup shredded old cheddar cheese



In a skillet heat 1 tsp butter over medium heat. Add onions. Cook and stir until onions are tender, about 3 minutes.

Add emmer, beans (or lentils), cumin and chili powder to onions in skillet. Mix well until onion, emmer and beans are coated with seasonings. Stir in lime juice and 2 tbsps water. Cook and stir one more minute. Remove from heat and stir in cilantro. Divide mixture in half and transfer to two serving bowls. Cover and keep warm.

Wipe skillet clean. Place remaining 2 tsps of butter in the skillet and heat until foamy. Crack the eggs and gently add them to the skillet. Cook until the whites are set then flip the eggs and cook for a further 30 seconds.

Remove the eggs from the skillet and place over the emmer mixture. Arrange sliced avocados, salsa and cheese beside the egg and on top of the emmer mixture in each bowl. Serve immediately.

Adapted from the Nicaragua Bowl recipe in Yum & Yummer cookbook