



Spelt Veggie Salad

This salad is loaded with fibre and the whole grain spelt takes on the flavour of the dressing. If you prefer less spelt increase the quantity of vegetables. Either way you're gonna love it!

Ingredients:

2 cups Fieldstone Organics Whole Spelt *
2 cups chopped seasonal veggies (carrots, celery, peppers, onions)
¾ cup feta cheese (optional)

Dressing:

2 Tbsp. olive oil
2 Tbsp. wine vinegar
1 tsp dried mustard
1 tsp maple syrup
1 tsp crushed garlic
½ tsp oregano
½ tsp basil

Procedure:

Cook spelt in 4 – 5 cups boiling water, simmer uncovered for approximately 50 minutes. Chill. Once cooled, add veggies and chopped feta cheese. Blend dressing ingredients, add to salad, mix and enjoy!

*If Spelt is pre-soaked it will reduce the cooking time by up to 20 minutes.

