



Einkorn Salad with Avocado and Citrus

- 1-3/4 cups Fieldstone Organics Einkorn
- 3/4 tsp Kosher salt
- 1/2 cup extra-virgin olive oil
- 3 Tbs. grapefruit juice
- 3 Tbs. white wine vinegar
- 2 tsp. honey
- Freshly ground black pepper
- 3/4 cup diced avocado (1/2-inch dice)
- 3/4 cup oranges segments, cut into pieces if large
- 3/4 cup grapefruit segments, cut into pieces if large
- 3/4 cup diced red onion (1/4-inch dice)
- 1/4 cup chopped fresh mint

Rinse the Einkorn under cold water and drain. In a medium saucepan add 4 cups of water, Einkorn and salt and bring to a boil. Add 3/4 tsp. salt. Once boiled reduce to simmer on stovetop for 30 minutes. (Note: cooking time can be reduced if the grain is pre soaked).

Put the vinegar and grapefruit juice in a small bowl and gradually whisk in the 1/2 cup of oil. Whisk in the honey. Taste and season with salt and pepper.

Put the cooked and cooled Einkorn in a large serving bowl and toss to break up any clumps. Add the avocado, orange segments, grapefruit segment, red onion, mint, and vinaigrette and toss. Taste and season as needed with more vinaigrette, salt, pepper, and serve.

Make Ahead Tips

The salad can be refrigerated for up to 1 day. If making ahead, let sit at room temperature so it's not refrigerator-cold and season with more vinaigrette, salt, and pepper before serving.

