



Moroccan Emmer Salad

Ingredients: Serves 6

To Cook the Emmer Grain:

1 cup Fieldstone Organics Emmer (pre-soaking in water will reduce the cooking time)
2 cups vegetable broth

To Cook the Black Lentils:

1/3 cup Fieldstone Organics Black Lentils
1 cup water

Vegetables for salad:

½ cup each finely chopped red pepper, grated
carrots, diced English cucumber
¼ cup currants
1/3 cup chopped green onions

To make the Dressing:

2 Tbsp. olive oil
2 Tbsp. freshly squeezed lemon juice
2 Tbsp. minced fresh mint leaves
¼ tsp. freshly ground black pepper
1 tsp. curry powder
1 tsp. ground cumin
½ tsp. ground coriander
1 tsp. honey
½ tsp. salt

Preparation:

1. Combine Emmer and broth in a pot. Bring to a boil. Simmer 30 – 40 minutes until grains are tender. Drain excess broth.
2. Combine Black Lentils and water in a pot. Bring to a boil. Simmer 10 – 20 minutes until lentils are cooked, el dente. Drain excess water.
3. When Emmer and Lentils are cool, transfer to a large mixing bowl. Add remaining ingredients and dressing.
4. Refrigerate & serve.

