



Spelt and Tomato Salad

Ingredients:

1 cup Spelt
2 green onions, thinly sliced
2 cups diced tomatoes
1 bunch Arugula, torn into small pieces
¼ cup loosely packed mint leaves, chopped

Dressing:

4 Tbsp. red wine vinegar
3 Tbsp. Olive oil
1 clove garlic, minced
½ tsp. salt and Pepper
¾ cup feta cheese

Procedure:

Rinse spelt. Cook until tender (approx. 30 minutes). Drain and chill under cold water. Transfer to a large bowl along with green onions & tomatoes. Add arugula and mint.

Dressing: Whisk together first 4 ingredients. Toss into salad. Top with feta.

