



Winter Solstice Festive Spelt Salad

Toss together:

1Tbsp. Olive Oil

3 Tbsp. balsamic vinegar

1 cup cooked Spelt

½ cup diced firm tofu

1 cup sliced carrots

2 cloves garlic, minced

1 cup cauliflower, chopped

2 Tbsp. onion, chopped

2 Tbsp. dried cranberries

Fresh thyme, salt & pepper to taste

Top with ½ cup lightly toasted walnuts.

