
Emmer Apple Salad

Ingredients

Salad:

1 cup Fieldstone Organics Emmer, dry

1 apple, grated

1/4 cup finely chopped parsley

1/2 cup shaved pecorino cheese

1 tbsp fresh thyme leaves

1/4 tsp sea salt & pepper to taste

Dressing:

3 tbsp apple cider vinegar

3 tbsp olive oil

1 1/2 tsp maple syrup or honey

1 clove garlic, minced

1/4 tsp Dijon mustard

Method

1. Cook emmer according to package instructions. Pre-soaking emmer in water reduces cooking time.
 2. Prepare remaining salad ingredients and dressing. Once emmer is cooked, drain, cool and add apple, cheese, fresh herbs, dressing, salt and pepper.
 3. Let salad stand in fridge for a few hours for flavor to set.
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Notes

Yields: 5 cups

