
Emmer Salad

Ingredients

- 1/3 cup + 2 tbsp extra-virgin olive oil
- 1 small yellow onion, quartered
- 1 small carrot, halved
- 1 celery rib, halved
- 1 3/4 cup Fieldstone Organic Emmer
- 5 cups water or vegetable stock
- Kosher salt
- 3 tbsp red wine vinegar
- Freshly ground pepper
- 1/4 cup crumbled goat cheese (make it vegan and omit the cheese)
- 1/2 small red onion, thinly sliced
- 1 small seedless cucumber, halved lengthwise and thinly sliced crosswise
- 1 pint grape tomatoes, halved
- 2 cups baby spinach leaves

Method

In a large saucepan, heat 2 tbsp of the oil. Add the yellow onion, carrot, and celery, cover and cook over moderately low heat until barely softened, about 5 minutes.

Add the Emmer and stir to coat with oil. Add the water and bring to a boil. Cover and simmer over low heat until the Emmer is barely tender, about 10 minutes, season with salt. Cover and simmer until the Emmer is al dente, about 10 minutes longer. Drain the Emmer and discard the onion, carrot, and celery. Let cool completely.

In a large bowl, whisk the remaining 1/3 cup of olive oil with the vinegar and season with salt and pepper. Fold in the Emmer, red onion, cucumber, tomatoes, spinach and basil, season with salt and pepper and serve.

Notes

Yields: 3 cups

Prep time: 10 minutes

Cook time: 30 minutes

