
Greek Ancient Grain Salad

Ingredients

- 1 cup cooked Fieldstone Organics Whole Grain Spelt, Emmer or Khorasan
 - 1 ½ cups cherry tomatoes, halved
 - 1 cup cucumber, diced
 - ½ cup red onion, thinly sliced
 - ½ cup kalamata olives, pitted
 - ¾ cup crumbled feta cheese
 - 1 cup cooked Fieldstone Organics Whole Grain Spelt, Emmer or Khorasan (cooled)
 - ¼ cup fresh parsley, chopped
- Optional: chopped red pepper for extra crunch
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Dressing

- 3 tbsp extra virgin olive oil
 - 1 ½ tbsp fresh lemon juice
 - 1 tsp red wine vinegar
 - 1 garlic clove, minced
 - 1 tsp dried oregano
 - Salt & pepper to taste
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Method

Cook your chosen ancient grain according to package directions. Drain and let cool. In a large bowl, combine tomatoes, cucumber, red onion, olives, feta, and herbs. Add the cooled grains and gently toss. Whisk together dressing ingredients and pour over the salad.

Toss well and let sit for 10–15 minutes to allow flavors to meld.

