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## Spelt Veggie Salad

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### Ingredients

- 2 cups Fieldstone Organics Whole Grain Spelt
  - 2 cups chopped seasonal veggies (carrots, celery, peppers, onions)
  - $\frac{3}{4}$  cup feta cheese
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### Dressing

- 2 Tbsp. olive oil
  - 2 Tbsp. wine vinegar
  - 1 tsp dried mustard
  - 1 tsp maple syrup
  - 1 tsp crushed garlic
  - $\frac{1}{2}$  tsp oregano
  - $\frac{1}{2}$  tsp basil
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### Method

Cook spelt in 2 parts boiling water, simmer uncovered for approximately 50 minutes. Chill. Once cooled, add veggies and chopped feta cheese. Blend dressing ingredients, add to salad, mix and enjoy!

