
Glory Bowl Salad

Ingredients

- 2 cups (500 mL) Fieldstone Organics black lentils
- 8 cups (2 L) cooked grain, Fieldstone Einkorn or Emmer work well
- 2 cups (500 mL) grated carrots
- 2 cups (500 mL) grated beets
- 2 cups (500 mL) packed baby spinach leaves
- 2 cups (500 mL) slivered almonds, toasted

Glory Bowl Dressing

- 1/2 cup (125 mL) nutritional yeast flakes
- 1/3 cup (75 mL) Tamari or soy sauce
- 1/3 cup (75 mL) apple cider vinegar
- 1/3 cup (75 mL) water
- 2 tbsp (30 mL) tahini
- 2 cloves garlic, crushed
- 1-1/2 cups (375 mL) olive oil

Method

Cook grain and lentils according to package directions. Cool.

Dressing: In blender, purée together nutritional yeast flakes, tamari, vinegar, water, tahini and garlic. With motor running, add oil in slow, steady stream. Blend until smooth. *(Make-ahead: Cover and refrigerate for up to 1 week.)*

To Serve: divide grain amongst 8 bowls; drizzle each with 1 tbsp of the dressing. Top each with lentils, carrots, beets, spinach and almonds. Drizzle each with 3 tbsp of the dressing.

Notes

Adapted from Canadian Living magazine.

