Split Pea Emmer Salad

Ingredients – *Yields 4 servings*

- 1 cup cooked Fieldstone Organics Emmer
- 1 cup cooked Fieldstone Organics Split Green Peas
- 1/2 large red onion, minced
- 1/4 cup dried cranberries
- 1/4 cup chopped walnuts
- Romaine or green leafy lettuce leaves (optional)

Salad Dressing

- 2 tbsp canola oil
- 2 tsp sesame oil
- 3 tbsp white wine vinegar
- 1 tsp dijon mustard
- 1 tbsp water
- 1/2 tsp dried tarragon
- 1/8 tsp ground black pepper

Method

Combine rice and split green peas in a bowl. Add onion, cranberries and walnuts (optional).

Prepare vinaigrette: Combine canola oil, sesame oil, vinegar, mustard, water, tarragon and pepper in a bowl. Whisk and pour over salad. Toss salad and serve on a bed of lettuce.

Notes

Cook Emmer and Split Green Peas according to package directions

Adapted from pulses.org

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