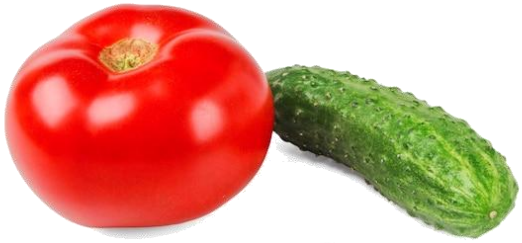
Kamut Berry Salad

Makes 4-6 servings

Kamut is a wonderfully chewy grain and oh-so-satisfying. Feel free to swap the Kamut for spelt, Einkorn wheat berries, or wild rice (for a gluten-free option). Add 1-2 cups of chickpeas or lentils to make this a full-meal dish. Top with diced avocado and toasted pumpkin or sunflower seeds, if desired.

Ingredients:









3 cups cooked Kamut berries

3 cups water

1 large tomato, chopped

1 ½ cups cucumber, chopped

1 small red onion, chopped

1 cup parsley, diced (tightly packed)

¼ cup chopped mint

2 tablespoons runny tahini or olive oil

1/4 cup fresh lemon juice

2 tablespoons tamari

2 cloves garlic, minced

Fresh ground pepper, to taste

Instructions:

1. In a large bowl, gently mix Kamut berries, tomatoes, cucumbers, red onions, parsley, and mint.

2. In a jar, whisk together tahini or olive oil, lemon juice, tamari, and garlic. Pour over salad and toss gently. Store in the refrigerator.

