Greek Freekeh Salad

Freekeh is an Ancient 100% whole grain. Although very similar to brown rice and quinoa, it actually has more fiber – 7 grams per 1/3 cup! It is also high in iron, zinc, and calcium. This Greek salad recipe is fairly easy, allows you to try an ancient grain, loaded with flavor, and packed with veggies for a fresh taste.

Ingredients:
1 cup Whole freekeh, measured uncooked
2 ½ cup Water
½ Large English cucumber, cubed
1 whole Red bell pepper, chopped
½ cup Chopped red onion
¼ cup Chopped fresh parsley
½ cup Feta cheese, reduced fat
To taste Ground black pepper
Optional Black olives, pepperoni, tomatoes, zucchini, extra veggies

Dressing
¼ cup Extra virgin olive oil
2 tbsp Red wine vinegar
1 tbsp Dijon mustard
1 tsp Fresh parsley
2 tsp Garlic powder
1 tsp Dried oregano
½ tsp Dried basil
To taste Ground black pepper

Directions:
1. Combine the whole freekeh and water in a medium saucepan. Bring to a boil. Then, cover and simmer until water is absorbed and freekeh is soft. If the water has been absorbed by the freekeh but the freekeh is not yet soft, add a little more water and continue to simmer covered until the additional water is absorbed and freekeh is soft.
2. In the meantime, prepare the veggies. Cube the cucumber. Chop the bell pepper. Chop the onion and parsley. Combine all in a large bowl with the feta cheese, ground black pepper and any additional add-ins of your choice. Set to the side.
3. In a small bowl, make the dressing by whisking together all the dressing ingredients. Whisk until well combined.
4. Once freekeh is done, stir the freekeh in with the veggie mixture. Then toss all with the dressing.

Servings: 8 servings
Serving size: 105 g (about 1/2 cup)