

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:

- 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.
- 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.
- In a small bowl, make the dressing by whisking together all the dressing ingredients. Whisk until well combined.
- 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)

Greek Freekeh Salad	
Nutrition Facts	
Serving Size	1 Serving
Amount Per Serving	
Calories	195.6
% Daily Value*	
Total Fat	9.6 g 12 %
Saturated Fat	2.1 g 11 %
Trans Fat	0.1 g
Cholesterol	7.7 mg 1 %
Sodium	238.1 mg 10 %
Total Carbohydrate	20.8 g 8 %
Dietary Fiber	5.1 g 18 %
Total Sugars	2.7 g
Added Sugars	0 g 0 %
Protein	7.6 g
Vitamin D	0 mcg 0 %
Calcium	62.4 mg 5 %
Iron	1.5 mg 8 %
Potassium	141.4 mg 3 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full info at cronometer.com