

Wild Rice Salad

INGREDIENTS

- 1 cup long-grain wild rice
- Kosher salt
- 2 naval oranges
- 2 TBL olive oil
- 2 TBL freshly squeezed orange juice
- 2 TBL red wine vinegar (or raspberry vinegar)
- 1/2 cup green grapes, halved
- 1/2 cup pecans, toasted
- 1/4 cup dried cranberries
- 2 TBL scallions, white and green parts, chopped
- 1/2 tsp. ground black pepper

DIRECTIONS

1. In a medium-sized pot, combine the wild rice with 4 cups of water and 2 teaspoons of salt. Bring to a boil, reduce heat and simmer, uncovered, for 50-60 minutes, until the rice is very tender. Drain well and place the rice back in the pot. Cover and steam for 10 minutes.
2. In the meantime, peel the oranges with a sharp knife, removing all the white pith. Cut between the membranes and add the orange sections to the large bowl.
3. In a small bowl, whisk together the olive oil, orange juice, vinegar, 1/2 teaspoon of salt and the pepper.
4. Toast the pecans in a dry skillet over low heat. They'll lightly brown and become fragrant. Watch them! They burn quickly!
5. In a large bowl combine the cooked rice, oranges, grapes, pecans, cranberries and scallions. Pour dressing over top and stir gently to combine. Ideally, let the salad sit for 30 minutes to let the flavors blend. Taste for seasoning and serve at room temperature.

- Recipe Credit: Wild Rice Salad, Ina Garten. <https://www.foodnetwork.com/recipes/ina-garten/wild-rice-salad-recipe-2108371>



Hearty Fall Kamut Salad

INGREDIENTS

- 1 cup dry kamut
- 2+ TBL Olive oil, divided
- 1 1/2 cups peeled and diced butternut squash
- Salt & pepper
- 2 cups trimmed and quartered brussels sprouts
- 1 cup seedless red or purple grapes
- 2 TBL fresh orange juice
- 1 TBL red wine vinegar
- 1 TBL honey
- 2 tsp. Dijon mustard
- 1/4 cup walnuts, toasted, and coarsely chopped
- 1/4 cup chopped parsley

DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Follow package directions or-- in a medium saucepan, bring 3 cups of water or stock to a boil. Stir in kamut, reduce heat to medium-low, cover and simmer until tender and slightly chewy, 45-50 minutes. Drain and set aside. Cool to room temperature.
3. Place the peeled and diced squash on a sheet pan. Drizzle with olive oil and toss to evenly coat. Sprinkle with salt and place in the oven for 30-45 minutes, until tender and lightly browned.
4. Place the brussels sprouts on a baking sheet, drizzle with olive oil and sprinkle with salt. Place in the oven and roast 20-25 minutes until golden brown.
5. Place the grapes on a baking sheet. Drizzle with oil and sprinkle with salt. Roast for 15 minutes.
6. In the meantime, make the dressing. In a small bowl, whisk together the orange juice, vinegar, honey, dijon, 1 tablespoon olive oil and 1/8 teaspoon salt and a pinch of black pepper.
7. Toast the walnuts in a dry skillet over low heat. They'll lightly brown and become fragrant. Watch them! They burn quickly!
8. In a large bowl, combine the kamut, roasted veggies, roasted grapes, walnuts and parsley. Pour dressing on top and toss gently until evenly mixed.

- Recipe Credit: Kamut Salad with roasted grapes, butternut squash and brussels sprouts. <https://www.cleaneatingmag.com/recipes/kamut-salad-with-roasted-grapes-butternut-squash-brussels-sprouts/>



Freekeh Salad with fennel and mint

INGREDIENTS

- 1 cup freekeh, cooked according to package directions
- 1/2 cup finely chopped parsley
- 1/2 cup finely chopped mint
- 1 bulb fennel, about 1/2 cup minced fennel (chop the fronds, too)
- 2 scallions, minced, white and light green parts only
- Zest of one orange
- 1/2 cup crumbled feta cheese
- 1/2 cup kalamata olives, finely chopped
- 1/3 cup olive oil
- 1/4 cup fresh squeezed orange juice
- 2 TBL rice wine vinegar
- Salt and pepper to taste

DIRECTIONS

1. Cook the freekeh according to package directions.
2. In a small bowl, whisk together the olive oil, orange juice, and rice wine vinegar. Season with a little salt and pepper.
3. Combine the parsley, mint, fennel, scallions, orange zest, feta, olives and cooked freekeh. Pour the dressing on top and toss gently to coat.

- Recipe Credit: Food 52. <https://food52.com/recipes/22714-freekeh-salad-with-fennel-and-mint>



Mediterranean Farro Salad

INGREDIENTS

- 3 cups stock or broth
- 1 cup farro, rinsed and drained
- 1 large cucumber, seeded and diced
- 1 medium-large red bell pepper, roasted, diced
- 1/2 cup sun-dried tomatoes, diced
- 1/2 cup feta cheese, finely crumbled
- half a small red onion, diced
- 1/4 cup minced parsley
- 3 TBL olive oil
- 1 TBL lemon juice
- 1 TBL red wine vinegar
- 1/4 tsp. dried oregano
- Pinch of garlic powder
- Salt and pepper

DIRECTIONS

1. Stir the farro and stock together and cook according to package directions. Remove from heat, drain any remaining stock. Let farro cool 10 minutes.
2. In a small bowl, whisk together the olive oil, lemon juice, red wine vinegar, oregano, garlic powder and a little salt and pepper.
3. In a large bowl, combine the cucumber, roasted red pepper, sun-dried tomatoes, feta, red onion, parsley, and farro. Pour the dressing over the salad and toss gently to coat.

- **TO ROAST THE RED PEPPER:** turn on a gas burner and place the pepper on top using tongs. Brown the skin of the pepper, turning using tongs. Remove and place in a paper bag or in a bowl covered with plastic wrap and let steam for about 15 minutes. Using your fingers or a paper towel, gently remove the blackened skin (do not wash it off). Remove the stem and seeds. You could also buy jarred roasted red bell pepper.
- Recipe credit: Gimme Some Oven. <https://www.gimmesomeoven.com/mediterranean-farro-salad-recipe/>



Arugula Parmesan Farro Salad

INGREDIENTS

- 1 cup farro
- 2 cups broth or stock
- 1 1/2 tsp. kosher salt
- 1 bay leaf
- 1 large shallot, very thinly sliced
- 1/3 cup olive oil
- 3 TBL apple cider vinegar
- 1 TBL Dijon mustard
- 2 tsp. honey
- black pepper, to taste
- 2 cups lightly packed arugula
- 1 green apple, chopped
- 1/2 cup shaved parmesan
- 1/4 cup chopped basil
- 2 TBL chopped parsley
- 1/4 cup pecans, toasted, chopped

DIRECTIONS

1. In a medium saucepan, combine the farro, stock, salt and a bay leaf. Bring to a boil, reduce to a simmer and let cook, until farro is tender and no broth remains, about 30 minutes.
2. In the meantime, make the fried shallots. In a small saucepan, over medium heat, combine the oil and shallots. When the oil starts to bubble around the shallots, reduce heat to medium low and cook, stirring occasionally, until the shallots are golden, about 15-20 minutes. Remove shallots from the oil with a slotted spoon and place on a paper towel-lined plate and season with salt. Let the oil cool and reserve for the salad.
3. In a small bowl, whisk together vinegar, Dijon, honey and oil the shallots were fried in.
4. Toast the pecans in a dry skillet over low heat. They'll lightly brown and become fragrant. Watch them! They burn quickly!
5. In a large bowl, combine the farro, arugula, green apple, parmesan, basil, parsley and pecans. Pour the dressing over top and toss gently to coat. Top with the fried shallots and toss gently again.

- Recipe credit: Best-Ever Farro Salad. <https://www.delish.com/cooking/recipe-ideas/recipes/a43059/best-farro-salad-recipe/>

