



Moroccan Emmer Salad

Serves 6

Ingredients:

1 cup uncooked, rinsed Emmer
2 cups vegetable broth
¼ cup dried currants
1 tsp. curry powder
1 tsp. ground cumin
½ tsp. ground coriander
1 tsp. honey
½ tsp. salt
1 cup cooked black lentils
½ cup each finely chopped red pepper, grated
Carrots, diced English cucumber (or asparagus)
1/3 cup chopped green onions

Dressing:

2 Tbsp. olive oil
2 Tbsp. freshly squeezed lemon juice
2 Tbsp. minced fresh mint leaves
¼ tsp. freshly ground black pepper

Procedure:

Combine Emmer, broth, currants, curry, cumin, coriander, honey & salt in pot. Bring to a boil. Simmer until liquid absorbed.

When Emmer is cool, transfer to a large mixing bowl. Combine with vegetables and dressing. Refrigerate & serve.

