



## Freekeh Salad

Get on the new grain train! Freekeh contains double the amount of protein and fibre as quinoa. This salad is the perfect way to try out the earthy grain by contrasting its nutty flavour with the fresh flavours of the parsley and mint.

### INGREDIENTS

#### *Salad:*

- 1 package Freekeh (green wheat)
- 1/3 cup each Fresh parsley and mint
- 3 stalks Celery, thinly sliced
- ¼ cup Red onion, finely diced
- 1 can Chickpeas, drained and rinse
- To taste Salt & pepper (freshly ground)

#### *Dressing:*

- 1/3 cup Extra-virgin olive oil
- 1 clove of garlic, finely chopped
- Juice of one lemon
- PC Za-Atar spice blend



### INSTRUCTIONS

1. Cook Freekeh according to package instructions. Let cool. Transfer to a large bowl.
2. In the same pot, heat a small amount of oil and add onions, chickpeas and Za-Atar. Sauté until tender and then transfer into same bowl with cooked freekeh.
3. In a separate bowl, combine chopped herbs and celery.
4. In another small bowl, whisk together lemon juice, garlic, and olive oil. Toss dressing with herb & celery mix and then combine with freekeh/chickpea mix. Mix thoroughly and add more lemon juice, salt, and pepper, as desired. Enjoy!

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