

## 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 it all with the dressing.

Servings: 8 Servings  
 Serving Size: 105 g (about ½ cup)

Greek Freekeh Salad		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	178.9 kcal	9 %
<b>Total Fat</b>	8.6 g	13 %
Saturated Fat	1.7 g	8 %
Trans Fat	0.1 g	
<b>Cholesterol</b>	4.7 mg	2 %
<b>Sodium</b>	168.1 mg	7 %
<b>Total Carbohydrate</b>	20.8 g	7 %
Dietary Fiber	3.1 g	12 %
Sugars	2 g	
<b>Protein</b>	5.8 g	12 %
Vitamin A	6 %	Vitamin C 55 %
Calcium	5 %	Iron 9 %

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full Info at [cronometer.com](http://cronometer.com) </>