

Simple Summer Spelt Salad

Ingredients;

1/4 C extra virgin flavourful olive oil
 5 C cooked spelt kernels
 3-4 ripe tomatoes, diced
 2 unpeeled cucumbers, diced
 1 C onions, scallions or chives, finely chopped
 2-3 garlic cloves, finely minced
 2-3 tsp balsamic vinegar
 a large handful of fresh herbs – basil, cilantro, parsley, oregano, thyme, savoury or mint, chopped finely
 salt and freshly ground black pepper
 crumble feta cheese generously if you like

Toss together in a large bowl and serve.

Organic Spelt (*Triticum spelta*) – Grown in Armstrong, British Columbia

Story: Spelt, a wild ancestor of wheat is thought to have originated in Western Asia about 8,000 years ago. Over the centuries, spelt has maintained much of its original genetic integrity, since its tough hull makes it more difficult to process than wheat and therefore less attractive to large scale food processors.

Portion: 1/3 C dry spelt kernels make 1 C cooked spelt

2 C dry spelt kernels make 5 C cooked spelt

1 C of cooked spelt has 220 calories, about the same as brown rice but twice the amount of protein and iron as brown rice.

Flavour: Nutty, earthy taste

Texture: Chewy, moist

Preparation: Rinse the grain well in 2-3 changes of water, skimming off any empty kernels or small seeds which float to the top. In a clay or cast iron pot, put 2 tsp of sea salt, 2 C of spelt kernels, 3 2/3 C of water and bring to a boil on top of the stove. Cover and simmer on low until all the water is absorbed, about 1-1 1/2 hours. Let the spelt cool before making the salad. Cooked spelt can be stored in a covered earthenware or glass container in the fridge for up to five days. Cooking a large quantity saves energy.

The following local ingredients are available seasonally from **HEARTLAND QUALITY FOODS;**

- Spelt, tomatoes, cucumbers, garlic, feta

