



**GOOD
FOOD**

S T O R E

GFS Deli Mediterranean KAMUT® Khorasan Wheat Salad

SALAD

- 1 1/2 cups **KAMUT® Brand khorasan wheat kernels**
- 3 cups **water**
- 1/2 tablespoons **minced garlic**
- 1 **red bell pepper, small dice**
- 1/2 cup **feta cheese crumbles**
- 1/4 cup **chopped cilantro**
- 1/3 cup **Kalamata olives, pitted & roughly chopped**

DRESSING

- 1/4 cup **balsamic vinegar**
- 1 tablespoon **Dijon mustard**
- 1/4 cup **olive oil**
- 1/2 cup **safflower oil**
- 2 tablespoons **white wine vinegar**
- Salt**
- Freshly ground black pepper,**
to taste

Yields 4 to 6 servings.

Add the KAMUT® Brand khorasan wheat kernels and minced garlic to the water and bring to a boil. Reduce heat and simmer until the wheat is tender, about 1/2 hours or perhaps more. Add more water if needed. Drain and cool.

While the wheat cools, prepare the dressing by whisking together all of the dressing ingredients until thoroughly combined. You will have extra dressing from this recipe that you can use in other dishes.

When cool, toss the wheat with the remaining salad ingredients and about 1/3 cup of dressing.