



Kamut Herb Salad with Feta and Hazelnuts

Slightly changed version of the fabulous recipe posted at www.Beyond the Peel.com, a great web site for creative whole food recipes.

- 1 cup sprouted Kamut berries (my suggestion is to use sprouted berries)
- 1 cup fresh cilantro leaves, packed
- 1 cup fresh mint leaves, packed
- ½ cup feta, crumbled
- ½ cup hazelnuts, roasted

In a heavy saucepan, add 1 cup of sprouted Kamut berries with 3 cups of water. Bring to a boil and simmer covered until desired doneness is reached. Begin checking after 20 minutes to ensure berries don't overcook. Sprouted berries will cook quicker than un-sprouted berries. Like wild rice, some backbone should remain. Soaking overnight reduces the cooking time. Drain and rinse the Kamut with cold water to cool the grains for the salad. Save time by making this the night before while you're watching TV or eating dinner. Roast the hazelnuts while the Kamut is cooking. Set the oven to 325 degrees. Spread the hazelnuts on the baking sheet and roast until fragrant, about 7 to 10 minutes.

Wash cilantro and mint. Remove the leaves from the stem (optional). If you choose to skip this step, chop the herbs before measuring. In a large bowl, add the kamut, cilantro, mint, feta and hazelnuts. Add the dressing and toss to coat.

Vinaigrette

- 1 tablespoon olive oil (I use about 2-3 tablespoons)
- 1 teaspoon lemon juice
- 2 teaspoons cider vinegar
- 1 teaspoon honey or to taste
- Salt and pepper to taste

Combine all the ingredients together until honey has dissolved.