

FREEKEH SALAD

Yield: 8 Servings

INGREDIENTS

- 1 cup freekeh, whole grain or cracked
- ½ cup raw whole pecans
- ¼ cup raw pepitas
- 2 cups Granny Smith apples, peeled and diced into 1-inch cubes
(about 2 large apples)
- 3 cups butternut squash, peeled, deseeded and diced into 1-inch cubes
(about 1 large squash)
- 2 cups kale, shredded
- ¾ cup balsamic vinaigrette (see sub-recipe below)
- 2 Tbsp. maple syrup
- 2 Tbsp. extra virgin olive oil
- ¾ tsp. kosher salt, plus more to taste
- ¼ tsp. ground black pepper, plus more to taste
- Balsamic vinegar, to taste

INGREDIENTS FOR BALSAMIC VINAIGRETTE

- 6 Tbsp. extra virgin olive oil
- 3 Tbsp. balsamic vinegar
- 1 tsp. Dijon mustard
- ½ tsp. honey or maple syrup
- ¼ tsp. kosher salt
- ¼ tsp. ground black pepper



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METHOD

1. Preheat the oven to 300°F.
2. Evenly spread the pecans and pepitas on a baking sheet and toast in oven for 15-20 minutes, or until lightly browned. Set aside to cool. Once cooled, roughly chop pecans.
3. While pecans and pepitas toast, in a pot, bring 2½ cups of water to a boil. Add freekeh, reduce heat to a high simmer; cook whole grain freekeh for 35-45 minutes, or cracked freekeh for 15-20 minutes, until fully tender.
4. Drain freekeh, then spread on a sheet pan and set aside to cool.
5. Increase oven heat to 375°F.
6. In a large bowl, toss diced apples with 1 Tbsp. extra virgin olive oil and ¼ tsp. kosher salt until evenly coated.
7. In a separate large bowl, toss diced butternut squash with 1 Tbsp. extra virgin olive oil, ½ tsp. kosher salt and ¼ tsp. ground black pepper until evenly coated.
8. Arrange diced apples and squash on separate parchment-lined baking sheets. Roast apples for 15-20 minutes, until tender. Set aside and allow to cool.
9. Continue roasting the squash for an additional 5-10 minutes until tender. Set aside and allow to cool.
10. In a medium bowl, prepare the balsamic vinaigrette by whisking together olive oil, balsamic vinegar, Dijon mustard, honey and kosher salt until well combined.
11. To assemble salad, in a large bowl, combine freekeh, toasted pecans, toasted pepitas, roasted apples, roasted butternut squash and shredded kale. Gently mix.
12. Whisk 2 Tbsp. maple syrup into the balsamic vinaigrette, then drizzle dressing over salad and toss to coat evenly.
13. Season salad with more salt, pepper and balsamic vinegar to taste.

