



Simple | Healthy | Delicious

Spinach and Kamut Salad with Chili-Orange Dressing



INGREDIENTS

3-4 handfuls spinach
½ cup Nature's Earthly Choice kamut, uncooked
¼ cup sunflower seeds
2 ounces feta

DRESSING

½ cup fresh squeezed orange juice (approx. 2 oranges)
¼ cup walnut oil
2 tablespoons honey
1/2 teaspoon red chili flakes

DIRECTIONS:

1. Cover Kamut with a good amount of water, bring to a boil, and reduce to a low boil. Cook for approximately one hour. Kamut should be tender but will still be slightly chewy. Let cool.
2. Combine orange juice, walnut oil, honey, and ¼ teaspoon red chili flakes in a mason jar or other container that has a lid. Shake well and test for spice level. Add more chilis if desired.
3. Toss spinach, Kamut, sunflower seeds, and feta together. Lightly drizzle dressing over salad and toss well.