



Simple | Healthy | Delicious

Tomato and Einkorn Salad

INGREDIENTS

1 cup Nature's Earthly Choice Einkorn (or Farro)
1 shallot, minced
1 bay leaf
1/8 teaspoon ground cinnamon
Ground chili pepper, to taste
4 to 5 ripe medium tomatoes
A small bunch of chives, snipped
6oz. tofu, or 3oz. feta cheese or 6oz. mozzarella, cubed
Olive oil
Red wine vinegar
Salt, freshly ground pepper



DIRECTIONS:

1. Rinse the Einkorn, drain and place in a medium saucepan. Add 2 cups cold water, the minced shallot, the bay leaf and ¼ teaspoon salt. Cook according to package instructions and let cool.
2. When the Einkorn is at room temperature, place it in a medium salad bowl. Drizzle with olive oil, add a dash of vinegar, and add the cinnamon and chili pepper. Stir to combine.
3. Core the tomatoes and cut them into bite-size pieces. If you prefer, you can run your thumbs in the cavities of the tomatoes to remove the seeds and juices.
4. Add the tomatoes, tofu or cheese, and chives to the salad bowl, sprinkle with a bit of pepper, and toss to combine. Taste, and add a little salt if necessary.
5. Serve immediately, or cover and refrigerate until ready to serve.