

Grain Salad

1/4 C. Organic Spelt	1 Tbsp. Organic Butter
1/4 C. Organic Barley	1 Tbsp. Olive Oil
1/4 C. Organic Lentils	2 1/4 C. water
1/4 C. Organic Millet	2 Tbsp. Vegetable Seasoning Broth
1/4 C. Organic Amaranth	1 Tbsp. Granulated Dulce
1/4 C. Organic Quinoa	1/2 tsp. Powdered Kelp
1/4 C. Organic Brown Rice	1 Tbsp. Crushed dry Hijiki
1/4 C. Organic Buckwheat	1 Tbsp. Crushed dry Arame

Saute' grains in butter and olive oil (in a large skillet with a well fitting lid-waterless cookware is ideal) until aromatic, approximately 3-5 minutes. Add water, spices, and sea vegetables. Cover and simmer til water is evaporated, about 20 mins.

Place 4 or 6 of the Cooked Mixed grains in a large mixing bowl, stirring in all the fresh herbs, vegetables, nuts & seeds. (see "Grain Mixture" for instructions) Once well mixed pour "Dressing" over and mix well.

Grain Mixture

4 or 5 cups of Cooked Mixed Grains such as Spelt, Barley, Lentils, Millet, Amaranth, Quinoa, Brown Rice.

Fresh Chopped Parsley

Fresh Chopped Cilantro

Fresh Chopped Celery

3/4 cup Raw Nuts and Seeds such as Pumpkin, Sunflower, Pine, Walnut)

Optional: add Tomatoes, Avocado, Cucumber, etc..

Dressing:

1/2 cup Organic Olive Oil

1/4 cup Organic Flax Oil

1/4 cup Organic Sesame Oil

Juice of 1 lemon

1 tsp. powdered kelp to taste or sea salt (Pumpkin, Sunflower, Pine, Walnut)

4-5 C. Cooked Mixed Grains

Fresh Chopped Parsley

Fresh Chopped Celery

3/4 cup Raw Nuts and Seeds

This dish is a hit at social gatherings. The trick is to seal the grains with the saute' before you cook them. This keeps them from becoming sticky.

At Christmas I add dried cranberries, and the dish never tastes exactly the same twice because I use whatever nuts, seeds, veggies and herbs I have in the house.

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