

BLACK LENTIL AND FARRO SALAD

INGREDIENTS

SALAD

1 cup dry black lentils, cooked al dente, about 20 min

$\frac{3}{4}$ cup farro, cooked as directed

$\frac{1}{2}$ red onion, chopped

$\frac{1}{3}$ cup capers

1 garlic clove, minced

2 cups fresh spinach, or other green chopped

$\frac{1}{4}$ cup sunflower seeds

1 cup alfalfa sprouts

DRESSING

$\frac{1}{4}$ cup water

$\frac{1}{4}$ cup cider vinegar

1 tbsp maple syrup

1 tbsp brown mustard

1 tsp pink Himalayan salt

$\frac{1}{2}$ tsp smoked black pepper

1 tsp ground cumin

$\frac{1}{2}$ tsp turmeric

$\frac{1}{2}$ tsp coriander

$\frac{1}{8}$ tsp cayenne pepper

$\frac{1}{4}$ tsp ground cloves

$\frac{1}{4}$ tsp cardamon

$\frac{1}{4}$ tsp cinnamon

$\frac{1}{8}$ tsp nutmeg

DIRECTIONS

1. Mix all salad ingredients together to your liking.
2. Mix dressing ingredients together in a jar, shake well, and add to lentil combo and mix well. Chill, and enjoy!

