



## Freekeh Fruit Salad with Pecans & Cinnamon Vinaigrette

*Whole grain and vegetable salad layered in a jar*

Serves 1 • Portion size 2 cups

1/2 cup Freekeh, Cooked  
1/4 cup Red Quinoa, Cooked  
1/2 cup Fresh Blueberries  
1/4 cup Pineapple, Fresh, Diced  
1/2 cup Orange, Mandarin, Sections, Canned, Drained  
1 tbsp Pecan Halves, Chopped, Toasted  
2 tbsp Cinnamon Cider Vinaigrette (recipe)

Dressing (yields about 1-1/2 cup)  
1/2 cup Vinegar, Apple Cider  
1 tsp Ground Cinnamon  
1/2 tsp Ground Nutmeg  
1/2 tsp Kosher Salt  
2 tbsp Ginger Root, Fresh, Grated  
1/2 cup Oil, Olive Canola Blend  
1/2 cup Orange Juice  
1 tbsp Dark Brown Sugar

Cook Freekeh and Red Quinoa according to package directions; overcook slightly so they are tender when cold. Whisk together salad dressing ingredients and set aside. For each salad in a jar arrange ingredients in the following order: 1/2 cup cooked freekeh, 1/4 cup cooked red quinoa, 1/2 cup fresh blueberries, 1/4 cup diced pineapples, 1/2 cup oranges, 1 tbsp pecans

Close container. When ready to eat, pour 2 tbsp of dressing into jar, close lid and shake well. Eat straight out of jar or pour into a bowl and enjoy.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
400.3	8.1	62.8	15.1	1.7	0	104.2	9.9

**Chef's Notes:** Mix and match with grains, vegetables and dressings you have on hand. Grating ginger releases more juice and adds more flavor than chopping with a knife.