

Kamut, Orange, and Fennel Salad

Featuring Kamut

From Egypt

Serves 8

Ingredients

1 cup kamut berries
2 cups water
½ cup water
1 cup chicken or vegetable broth
3 medium navel oranges
2 tablespoons extra-virgin olive oil
1 tablespoon Progresso® balsamic vinegar
½ teaspoon salt
¼ teaspoon black pepper
1 medium fennel bulb, quartered, cored and diced
1 large red bell pepper, chopped
1 small red onion, chopped
¼ cup kalamata olives, pitted and halved



Kamut is a good choice if you want to incorporate whole grains into your diet to boost your nutrition. It tops many whole grain comparison charts because it is high in protein, thiamin, niacin, potassium, and zinc.

Directions

1. Place kamut berries in a fine-mesh strainer and rinse under cold running water until water runs clear. Place in bowl with the 2 cups of water. Let stand 8 hours or overnight; drain.
2. Cut off peel and most of the white membrane from 2 of the oranges. Cut each orange in half through the top end and place each half flat on a cutting board. Cut into 1/2-inch slices. Juice the remaining orange. In small bowl, whisk together orange juice, oil, vinegar, salt and pepper. Set Aside.
3. Add fennel, bell pepper, onion and olives to the cooked and cooled kamut berries. Stir in orange juice mixture, tossing to coat well. Gently stir in oranges.
4. In medium saucepan, heat kamut berries, the remaining 1/2 cup water and the broth to boiling; reduce heat. Cover and simmer 45 minutes or until berries are tender and some of the grains have burst.
5. Drain in a colander or shallow pans; place in medium bowl.
6. Kamut berries must be **heated until 165 °F (73.9 °C) or higher is reached for at least 15 seconds.**
7. Serve immediately or cover and refrigerate up to 24 hours.

Nutrition Information: serving size 1 cup (186g), calories per serving 627, calories from fat 34, total fat 4, saturated fat 0g, trans fat 0g, cholesterol 0mg, total carbohydrate 131g, dietary fiber 17g, sugar 15g, protein 27g, vitamin A 0%, vitamin C 0%, calcium 4%, iron 46%.