



Greenmarket Recipe Series

Wintry Grain Salad

By Amelia Tarpey and Brian Rady, Union Square Greenmarket Managers

We've broken the grain salad down into six elements: 1) the grain, 2) the veggies, 3) something creamy, 4) something crunchy, 5) something herby, and 6) a vinaigrette. Below you'll find our recipe for a freekah grain salad that hits all these elements. Feel free to riff on them with whatever you have in your kitchen or whatever is in season! This is a great recipe to help reduce food waste by using up all the bits and bobs in your fridge

Ingredients:

- *1lb freekah, or whole grain of your choosing (i.e. emmer, einkorn, barley, oat groats, etc.)
- *6 small to medium-sized sweet potatoes, diced into ½ in cubes- try a combo of varieties!
- *1 pint baby red onions, quartered
- *1 quart shiitake mushrooms, de-stemmed and ripped into bite-sized pieces
- *Half a medium-sized red cabbage, cored and chopped
- *3-4 small watermelon radishes, thinly sliced

- *Parsley, finely chopped, stems and all
- *6 sprigs of thyme, leaves removed from the stem
- *Roughly 8oz goat feta, crumbled
- 2/3 cup olive oil plus extra for roasting
- *1 Tbsp honey
- 1/3 cup balsamic vinegar
- Salt and pepper, to taste

***Ingredients available seasonally at your neighborhood Greenmarket**

Instructions:

1. Bring a large pot of water to a boil and preheat the oven to 425. Add three palm-fulls of salt to season the water once boiling.
2. Add freekah to boiling water and return it to a rolling boil. Bring down to a soft simmer and cook until tender, checking for doneness around 10 minutes (cooking times vary for different grains, adjust time if experimenting with a different grain). Drain and place in bowl then toss with a smidge of olive oil.
3. While the freekah is cooking, prep your veggies. Toss sweet potatoes and onions in oil to coat, season with salt and pepper, and place on a roasting pan. Repeat with mushrooms and place on a separate pan. Be careful not to crowd your veggies! Place in oven and roast the mushrooms for 15-20 minutes and the potatoes for 30-40 minutes or until fork-tender.
4. While veggies are roasting, prepare your vinaigrette. In a measuring cup, combine oil, vinegar, honey, thyme, parsley, and whisk with a fork to incorporate. Add salt and pepper to taste.
5. Combine everything together! Toss freekah with roasted and raw veggies. Mix in vinaigrette and crumbled feta. Serve immediately or save for later.

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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