

Caprese Spelt Salad

This riff on the classic Italian salad features spelt, a chewy whole grain that delivers healthy amounts of dietary fibre. Cooking the grains in orange juice adds a touch of sweetness, while anchovies bring salty-umami flavour to the dressing. If you want to omit them, simply replace anchovies with about 1/4 tsp (1 mL) salt. If you can't find mini mozzarella balls, you can use regular fresh mozzarella and chop it into pieces. Also consider serving on a bed of tender salad greens.

INGREDIENTS

1 1/2 cups (350 mL) spelt
2 cups (500 mL) orange juice
Salt
2 pints (910 g) grape tomatoes, halved
10 oz (280 g) mini mozzarella balls (bocconcini)
2/3 cup (160 mL) walnut halves, roughly chopped
1/4 cup (60 mL) extra-virgin olive oil or camelina oil
1 cup (250 mL) packed arugula
1/2 cup (125 mL) packed basil
3 to 4 anchovy fillets
1 garlic clove, chopped
2 Tbsp (30 mL) balsamic or red wine vinegar
1/4 tsp (1 mL) black pepper

PREPARATION

Place spelt, orange juice, a couple of pinches of salt, and 2 cups (500 mL) water in saucepan and bring to a boil. Reduce heat and simmer, covered, for 45 minutes, or until spelt is tender. Drain very well and set aside to cool.

In large container, toss spelt with tomatoes, mozzarella balls, and walnuts. Place oil, arugula, basil, anchovies, garlic, vinegar, and black pepper in blender or mini food processor container and blend until well combined. If needed, add additional oil to help with blending. Toss arugula dressing with spelt mixture.

Serves 5.

Each serving contains: 521 calories; 24 g protein; 32 g total fat (9 g sat. fat, 0 g trans fat); 38 g total carbohydrates (17 g sugars, 6 g fibre); 114 mg sodium

source: "[The Lunch Bunch](#)", *alive* #378, January 2015