



Glorious Grains Moroccan Style

INGREDIENTS

1 c uncooked Kasha (Buckwheat)
1 c uncooked Quinoa
1 c uncooked Couscous (eliminate if you want to be gluten free)
1 c uncooked Millet
1/4 c chives, chopped
1/2 c chopped parsley
1/4 c mint, chopped
3/4 c dried apricots, diced
3/4 c Mejuol dates, diced
1/2 c red onion, diced
1 c scallion, sliced
1/2 c almond slivers
(orange wedges would be a lovely fresh component to add as an optional)

Dressing

1/2 c lemon juice
1 T lemon zest
1/2 t red pepper flakes
2 t salt
2/3 c olive oil

INSTRUCTIONS

1. Cook each of the grains separately, according to the package.
2. While those are cooking chop and prep all the remaining ingredients and have ready to mix together.
3. Whisk together the dressing ingredients
4. Once the grains are done, drain and mix those together, adding the dressing first.
5. Then add in all the remaining ingredients and toss until well combined.