



## Peach & Lentil Freekeh Salad

1 serving  
25 minutes

### Ingredients

- 1/4 cup Freekeh (uncooked)
- 2/3 cup Water
- 1/4 Peach (pit removed, chopped)
- 1/4 cup Lentils (cooked)
- 2 tbsps Parsley (finely chopped)
- 1 1/2 tps Apple Cider Vinegar
- 1/4 tsp Cinnamon
- 1/8 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	228
Fat	1g
Saturated	0g
Carbs	49g
Sugar	5g
Protein	11g
Cholesterol	0mg
Sodium	313mg

### Directions

- 1 Combine freekeh and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let it simmer for 20 minutes or until water is absorbed. Remove lid and fluff with a fork.
- 2 In a large mixing bowl, combine the freekeh with the remaining ingredients. Adjust any seasonings as needed. Divide into bowls or containers if on-the-go. Enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to five days.

**Serving Size,** One serving is equal to approximately 1 1/4 cup of salad.

**Gluten-Free,** Use quinoa instead of freekeh.

**More Flavour,** Cook with broth instead of water.