



MABS' SPELT BERRY SALAD

SALAD

- 1 cup spelt berries, soaked overnight
- 1 1/2 TB olive oil
- 2 small apples, sliced and cut into small chunks
- kosher salt to taste
- 1 TB honey
- 1 TB fresh thyme leaves, chopped
- 3/4 cup Italian parsley, chopped
- 1/2 cup fresh basil, chopped
- 3/4 cup toasted pecans, chopped
- 1 1/2 oz grated Parmesan cheese

DRESSING

- 1 TB lemon juice
- 1 TB honey
- 2 TB MABS' ATOMIC MUSTARD**
- 1 small shallot, finely minced
- 3 TB olive oil
- generous pinch of kosher salt



MABS' SPELT BERRY SALAD

DIRECTIONS

Bring soaked berries and 3 cups water to hearty simmer. Reduce heat and cover, cooking til tender but chewy, about 45 minutes.

Drain water and cool to room temperature.

Heat olive oil over medium heat. Add apples and pinch of salt, cook to soften, about 2 minutes.

Add honey and thyme and continue cooking til apples are golden brown, about 5 minutes.

Whisk dressing ingredients and set aside.

In large bowl, toss together spelt throug pecans. Pour dressing over top and fold to incorporate.

Top with shredded Parmesan.

Best served at room temperature.

FROM THE KITCHEN OF  **MABS'**
ATOMIC MUSTARD