Athens Blend Grain Salad

A medley of spelt, millet and bulgur provides the foundation for a flavorful salad, while a sprinkling of roasted eggplant, crimini mushrooms, capers, red onion and spinach delivers a vibrant punch.

Yield	12 oz
Serves	1
Preparation time	2 minutes
Cooking time	2 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
1.5	oz		1/3 cup	Spelt with Roasted Mirepoix Flavor Concentrate - prepared	(see separate recipe)
1.5	oz		1/3 cup	Millet with Roasted Mirepoix Flavor Concentrate - prepared	(see separate recipe)
1.5	oz		1/3 cup	Bulgur with Roasted Mirepoix Flavor Concentrate - prepared	(see separate recipe)
3	oz		2 tbsp	Eggplant	diced, roasted
1	oz		1/4 cup	Crimini mushrooms	quartered, roasted
1/2	oz		1/2 cup	Spinach, fresh	chiffonade
1/2	oz		2 tbsp	Red onions	diced, roasted
1/2	oz		1 tbsp	Red pepper, roasted, canned and drained	diced, roasted
1/4	oz		1 tsp	Capers in brine, drained	
1/4	oz		1 tsp	Raisins	
1/2	tsp			Oregano, fresh	chopped
1/2	tsp			Rosemary, fresh	chopped
1/2	tsp			Basil, fresh	chiffonade
2	fl oz		1/4 cup	Mediterranean Finishing Broth - prepared	(see separate recipe)

Preparation Steps

1. Combine Spelt, Millet, Bulgur, eggplant, mushrooms, spinach, onions and peppers (or guest's choice of grains and vegetables) in a sauté pan.
2. Add capers, raisins, oregano, rosemary and basil (or guest's choice of herbs and other garnishes).
3. Add enough Mediterranean Finishing Broth (or guest's choice of finishing broth) to aid in the warming of the salad, but not so much that there will be excess broth once the salad has been warmed.

Chef's tip

Can be served warm or cold. In Fall and Winter use finished broth. In Spring or Summer use Housemade dressing for a cool refreshing salad.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	218.9
Energy (Kj)	920.1
Protein (g)	7.8
Carbohydrate, total (g)	46.9
Fats, total (g)	1.9
Fats, saturated (g)	0.3
Fiber, total dietary (g)	9.1
Sodium (mg)	595.8
Calcium (mg)	68.2
Cholesterol (mg)	0
Iron (mg)	3
Vitamin A (µg_RAE)	122.3
Vitamin C (mg)	16.5

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.