



Curried Spelt Salad

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



352 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 2 cups arugula wild
- ☐ 8 servings pepper black freshly ground
- ☐ 6 small carrots peeled cut into 1/4" dice
- ☐ 2 cups cilantro leaves with tender stems plus more for garnish packed ()
- ☐ 2.5 teaspoons curry powder (such as Madras)
- ☐ 0.8 teaspoon ground cardamom
- ☐ 0.8 teaspoon ground coriander

- ☐ 1 teaspoon kosher salt plus more for seasoning
- ☐ 0.5 optional: lemon with peel (1/2 cup) finely chopped
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 cup onion red thinly sliced ()
- ☐ 3 cups chicken shredded cooked (from 1 rotisserie chicken; optional)
- ☐ 2 cups wheat berries whole wheat rinsed
- ☐ 2 tablespoons vegetable oil
- ☐ 2 teaspoons mustard seeds yellow

Equipment

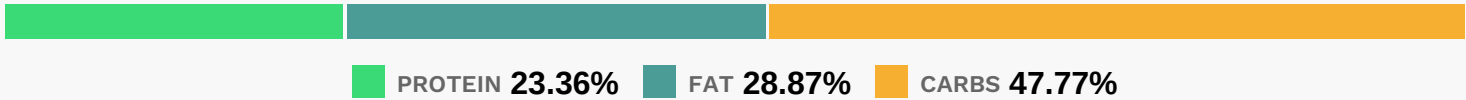
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Place spelt and 1 teaspoon kosher salt in a medium pot.
- ☐ Add water to cover by 1 1/2". Bring to a boil; reduce heat to medium-low and simmer, uncovered, until spelt is tender and water is mostly absorbed, about 1 hour (or 12–15 minutes if using semi-pearled farro).
- ☐ Drain; place in a large bowl.
- ☐ Meanwhile, heat vegetable oil in a medium saucepan over medium heat.
- ☐ Add curry, mustard seeds, cardamom, and coriander; cook, stirring often, until spices are fragrant and mustard seeds begin to pop, 2–3 minutes. Stir in carrots and season with salt and pepper. Cook, stirring often, until carrots are crisp-tender, 5–6 minutes.
- ☐ Add vinegar and stir until evaporated, 1–2 minutes. Stir in onion and lemon.
- ☐ Remove pan from heat and stir until onion is wilted, 1–2 minutes.
- ☐ Add vegetable mixture to bowl with spelt. Season to taste with salt and pepper.
- ☐ Let cool. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Add chicken (if using), arugula, 2 cups cilantro, and olive oil to spelt mixture; toss to combine.

- ☐ Transfer salad to a large platter.
- ☐ Garnish with cilantro sprigs.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:1.81, Inflammation Score:-10, Nutrition Score:15.312608718872%

Flavonoids

Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg

Nutrients (% of daily need)

Calories: 351.64kcal (17.58%), Fat: 11.53g (17.73%), Saturated Fat: 2.01g (12.58%), Carbohydrates: 42.91g (14.3%), Net Carbohydrates: 34.02g (12.37%), Sugar: 3.03g (3.37%), Cholesterol: 39.38mg (13.13%), Sodium: 361.05mg (15.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.98g (41.96%), Vitamin A: 6683.67IU (133.67%), Fiber: 8.89g (35.57%), Vitamin K: 32.07µg (30.54%), Vitamin B3: 4.66mg (23.3%), Selenium: 14.86µg (21.23%), Iron: 2.93mg (16.29%), Vitamin B6: 0.32mg (15.84%), Phosphorus: 135.57mg (13.56%), Manganese: 0.26mg (12.84%), Vitamin C: 9.3mg (11.28%), Potassium: 344.56mg (9.84%), Vitamin E: 1.34mg (8.94%), Vitamin B2: 0.12mg (7.13%), Zinc: 1.07mg (7.12%), Vitamin B5: 0.7mg (7.02%), Magnesium: 27.42mg (6.85%), Calcium: 66.14mg (6.61%), Folate: 23.82µg (5.95%), Vitamin B1: 0.08mg (5.51%), Copper: 0.08mg (4.23%), Vitamin B12: 0.15µg (2.54%)