



Freekeh and Frisée



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 240 g salad leaves curly endive yellow dry washed and spun
- ☐ 4 large eggs peeled quartered
- ☐ 40 g parsley fresh
- ☐ 170 g green beans french trimmed
- ☐ 70 g kalamata olives pitted
- ☐ 1 teaspoon dijon mustard dijon-style
- ☐ 6 tablespoons olive oil

- ☐ 0.8 teaspoon salt
- ☐ 6 sun-dried olives
- ☐ 9 ounce tuna in olive oil drained canned
- ☐ 60 ml citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ slotted spoon

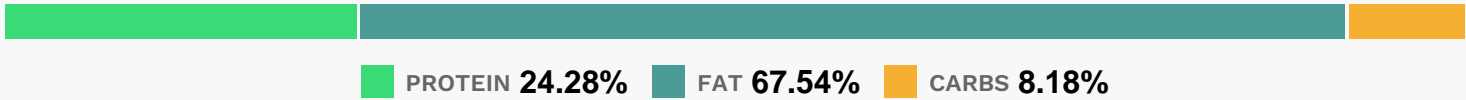
Directions

- ☐ In a large saucepan of boiling water, blanch the green beans until just tender and bright green, about 2 minutes.
- ☐ Drain and transfer to a bowl of ice water to cool, then drain and set aside in the refrigerator.
- ☐ In a medium bowl, whisk together the vinegar, mustard, salt, and pepper, then whisk in the oil until emulsified.
- ☐ Cut the sun-dried tomatoes into 1/8-inch-wide (3-mm-wide) strips and add to the dressing; if the tomatoes were not packed in oil, set them aside to soften in the dressing for at least 15 minutes.
- ☐ Spread the frisée and parsley on a large serving platter. Make piles of the olives, freekeh, tuna, eggs, and beans; with a slotted spoon, transfer the tomatoes from the dressing to a pile in the frisée and drizzle everything with the dressing.
- ☐ Serve immediately.
- ☐ To hard-cook and peel eggs, put them in a small saucepan with just enough water to cover them.
- ☐ Place over high heat, cover the pan, and bring to a boil. Immediately remove from the heat and let stand, covered, for 8 minutes (for a creamy yolk) or 10 minutes (for a firm yolk).
- ☐ Drain, cover with cold water, and let stand until cool enough to handle. Tap the shell all over with the back of the spoon, then peel off the shell starting at the wider end. Dip back into the

cool water to rinse them off, then use the eggs as desired.

☐ Reprinted with permission from Whole Grains for a New Generation: Light Dishes, Hearty Meals, Sweet Treats, and Sundry Snacks for the Everyday Cook by Liana Krissoff. Copyright © 2012 Liana Krissoff; photographs copyright © 2012 Rinne Allen. Published in 2012 by Stewart, Tabori & Chang, an imprint of ABRAMS.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:1.34, Inflammation Score:-10, Nutrition Score:33.549999817558%

Flavonoids

Apigenin: 22.03mg, Apigenin: 22.03mg, Apigenin: 22.03mg, Apigenin: 22.03mg Luteolin: 1.54mg, Luteolin: 1.54mg, Luteolin: 1.54mg, Luteolin: 1.54mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg

Nutrients (% of daily need)

Calories: 451.08kcal (22.55%), Fat: 34.16g (52.55%), Saturated Fat: 5.89g (36.81%), Carbohydrates: 9.31g (3.1%), Net Carbohydrates: 4.4g (1.6%), Sugar: 3.32g (3.69%), Cholesterol: 197.48mg (65.83%), Sodium: 1099.15mg (47.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.63g (55.26%), Vitamin K: 403.45µg (384.24%), Vitamin A: 4981.53IU (99.63%), Selenium: 65.03µg (92.9%), Vitamin B3: 9.01mg (45.06%), Vitamin E: 6.38mg (42.55%), Vitamin C: 34.14mg (41.38%), Phosphorus: 361.67mg (36.17%), Vitamin D: 5.27µg (35.16%), Folate: 124.59µg (31.15%), Vitamin B12: 1.85µg (30.81%), Vitamin B2: 0.44mg (25.65%), Manganese: 0.47mg (23.67%), Iron: 3.94mg (21.89%), Potassium: 718.11mg (20.52%), Fiber: 4.91g (19.64%), Vitamin B5: 1.91mg (19.06%), Copper: 0.37mg (18.53%), Magnesium: 68.57mg (17.14%), Vitamin B6: 0.3mg (15.19%), Calcium: 140.95mg (14.09%), Zinc: 1.76mg (11.75%), Vitamin B1: 0.15mg (9.71%)