



Kamut Salad with Carrots and Pomegranate

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



269 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2.5 cups carrots shredded (3 medium)
- 0.3 cup golden raisins
- 0.3 teaspoon ground cinnamon
- 1 teaspoon honey
- 0.5 cup kamut flour drained
- 1 tablespoon juice of lemon freshly squeezed
- 2 tablespoons olive oil extra virgin extra-virgin
- 3 tablespoons orange juice freshly squeezed

- 0.3 cup pomegranate seeds for garnish
- 0.3 teaspoon sea salt fine
- 0.3 cup walnut pieces toasted chopped
- 1 cup water

Equipment

- bowl
- sauce pan
- whisk

Directions

- To prepare the Kamut, bring the water and the Kamut berries to a boil in a small heavy-bottomed saucepan. Decrease the heat to maintain a simmer, cover, and cook until the Kamut berries are tender but still slightly chewy, 50 to 60 minutes.
- Remove from the heat and, if you have time, let it sit, covered, for 10 to 15 minutes.
- Drain any remaining liquid and transfer to a large serving bowl to cool.
- Once the Kamut has cooled, make the salad.
- Add the carrots and golden raisins to the serving bowl. In a small bowl, whisk together the orange and lemon juices, honey, cinnamon, and salt until smooth. Gradually whisk in the olive oil in a thin stream.
- To finish, pour the dressing over the salad and toss to combine. Taste and adjust for salt.
- Let sit at room temperature for 15 minutes to allow the flavors to come together. Toss again before serving; sprinkle with the walnuts and garnish with the pomegranate seeds.
- To get a head start: Make the Kamut berries, as in step 1, ahead. In a hurry on the day of a party? The salad (without the walnuts and pomegranate seeds) can be prepared 4 to 6 hours ahead. Chill, covered. Bring to room temperature before serving. To vary it: You can use about 1 1/2 cups cooked farro, spelt, or hard or soft wheat berries if Kamut is hard to find.
- Reprinted with permission from Ancient Grains for Modern Meals: Mediterranean Whole Grain Recipes for Barley, Farro, Kamut, Polenta, Wheat Berries & More by Maria Speck. Text copyright © 2011 by Maria Speck; photographs copyright © 2011 by Sara Remington. Published by Ten Speed Press, an imprint of the Crown Publishing Group, a division of Random House, Inc. Maria Speck grew up in Greece and Germany before moving to the United States as a

young adult. She is a writer and journalist, and has contributed to Gourmet, Saveur, and Gastronomica, as well as Marie Claire and Elle. Her popular cooking classes in Cambridge, Massachusetts, focus on the flavors and cooking styles of the Mediterranean and on creating innovative and delicious meals with whole grains.

Nutrition Facts

PROTEIN 8.18% FAT 39.78% CARBS 52.04%

Properties

Glycemic Index:74.94, Glycemic Load:8.96, Inflammation Score:-10, Nutrition Score:17.182608708091%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 2.07mg, Hesperetin: 2.07mg, Hesperetin: 2.07mg, Hesperetin: 2.07mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 268.92kcal (13.45%), Fat: 12.67g (19.49%), Saturated Fat: 1.52g (9.47%), Carbohydrates: 37.28g (12.43%), Net Carbohydrates: 31.56g (11.47%), Sugar: 15.26g (16.96%), Cholesterol: 0mg (0%), Sodium: 206.82mg (8.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.73%), Vitamin A: 13394.68IU (267.89%), Manganese: 1.1mg (54.75%), Selenium: 16.7µg (23.86%), Fiber: 5.72g (22.9%), Copper: 0.34mg (16.98%), Vitamin C: 13.99mg (16.96%), Vitamin K: 17.44µg (16.61%), Phosphorus: 159.78mg (15.98%), Vitamin B1: 0.24mg (15.68%), Magnesium: 59.04mg (14.76%), Potassium: 514.65mg (14.7%), Vitamin B3: 2.54mg (12.68%), Vitamin B6: 0.25mg (12.67%), Vitamin E: 1.81mg (12.08%), Iron: 1.76mg (9.77%), Zinc: 1.36mg (9.06%), Folate: 31.15µg (7.79%), Vitamin B2: 0.13mg (7.45%), Vitamin B5: 0.55mg (5.53%), Calcium: 49.89mg (4.99%)