

# Salt and Serenity

## Freekeh Salad with Lemon Garlic Vinaigrette

Serves 4

1 cup freekeh  
2 ½ cups water  
½ teaspoon kosher salt  
2 cups of fresh corn kernels (cut from 2 ears of corn)  
1 tablespoon olive oil  
1 pint of little cherry or grape tomatoes, halved (a mix of red and yellow is pretty if you can find them)  
8 olives, pitted and halved (I used a mix of Black Kalamata and Green)  
½ jalapeno pepper, seeded and finely diced  
3 ounces feta, crumbled  
12 basil leaves, julienned  
salt and pepper to taste

3 tablespoons lemon juice  
½ teaspoon salt  
1 teaspoon sugar  
1 clove garlic, finely minced or grated on microplane  
6 tablespoons olive oil

1. Combine freekeh, water and salt in a medium sized saucepan. Bring to a boil. Stir, reduce heat to low and cover pot with a tight fitting lid and allow freekeh to simmer for 20-30 minutes. Check freekeh after 20 minutes. If all the water has boiled away, add an additional half-cup. The finished texture should be chewy, but not crunchy.
2. While freekeh is cooking, heat 1 tablespoon olive oil in a large skillet. Add corn and cook over medium heat for about 5 minutes, until corn is just beginning to char. Season corn with salt and pepper and set aside.
3. Once freekeh is cooked, remove it from pot and spread it out onto a sheet pan so it can cool for at least 15 minutes.
4. In a large bowl, combine freekeh, corn, tomatoes, olives, jalapeno, feta and basil. Toss with a few tablespoons of dressing. Taste to see if more dressing or seasoning is required.
5. Salad can be made several hours ahead and left at room temperature.

