

# Kamut Salad With Roasted Grapes, Butternut Squash & Brussels Sprouts

*Clean Eating*  
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This colorful [grain salad](#) is delicious warm or at room temperature. If you don't have time to soak the Kamut in advance, cook it for an additional 10 to 15 minutes. For a twist, swap in another whole grain, such as faro, barley, quinoa or wheat berries.

Serves: 4

Hands-on Time: 30 minutes

Total Time: 1 hour, 15 minutes (Plus overnight soaking time and cooling time)

COST PER PLATE: \$2.12

## INGREDIENTS:

- 1 cup Kamut berries, soaked overnight and drained (TRY: Bob's Red Mill Organic Kamut Berries)
- Olive oil cooking spray
- 1 ½ cups peeled and diced butternut squash
- 2 tbsp olive oil, divided
- ½ tsp sea salt, divided
- ¼ tsp fresh ground black pepper, divided
- 2 cups trimmed and quartered Brussels sprouts (about 6 oz)
- 1 cup seedless red or purple grapes
- 2 tbsp fresh orange juice
- 1 tbsp red wine vinegar
- 1 tbsp raw honey
- 2 tsp Dijon mustard
- ¼ cup coarsely chopped unsalted walnuts, lightly toasted
- ¼ cup finely chopped fresh flat-leaf parsley leaves

## INSTRUCTIONS:

1. Arrange 1 rack in lower third and another rack in upper third of oven; preheat to 400°F. In a medium saucepan, bring 3 cups water to a boil. Stir in Kamut, reduce heat to medium-low, cover and simmer until tender and slightly chewy, 45 to 50 minutes. Drain and set aside to cool to room temperature.
2. Meanwhile, line 2 large rimmed baking sheets with foil and mist with cooking spray. In a medium bowl, toss squash with 1 tsp oil, 1/8 tsp salt and pinch pepper. Spread squash evenly across half of 1 sheet. In same bowl, toss Brussels sprouts with 1 tsp oil, 1/8 tsp salt and pinch pepper. Spread Brussels sprouts in an even layer on other half of sheet with squash. Transfer to lower rack in oven and roast for 20 to 25 minutes, turning halfway, until vegetables are tender and Brussels sprouts are lightly golden brown. Meanwhile, in same bowl, toss grapes with 1 tsp oil, 1/8 tsp salt and pinch pepper. Spread grapes evenly on remaining baking sheet. Roast grapes on upper rack for 15 minutes. Let cool to room temperature.
3. Meanwhile, in a large bowl, whisk together remaining 1 tbsp oil, orange juice, vinegar, honey, mustard, remaining 1/8 tsp salt and remaining pinch pepper. Add Kamut, squash, Brussels sprouts, grapes, walnuts and parsley to bowl. Toss gently until evenly mixed.

Nutrients per serving (1 ½ cups of kamut salad): calories: 355, total fat: 13 g, sat. fat: 2 g, monounsaturated fat: 6 g, polyunsaturated fat: 5 g, carbs: 55 g, fiber: 9 g, sugars: 16.5 g, protein: 10 g, sodium: 286 mg, cholesterol: 0 mg