



Einkorn and Butternut Squash Salad with Sunflower Seeds

Ingredients:

7 cups water
1 tsp. salt, plus more to taste
1 ½ cups Resurgent Grains Organic Einkorn Berries
3 tbsp. unsalted butter
1 yellow onion, finely diced
3 cups peeled diced (1/2-inch) butternut squash (approx. 1 lb.)
Freshly ground pepper, to taste
1 tsp. thyme
2 tbsp. white cooking wine
1 cup dried cranberries
½ cup roasted and salted sunflower seeds
Resurgent Grains Organic Camelina Seeds

Bring the water and 2 tsp. salt to a boil in a large saucepan over high heat. Add the einkorn berries, reduce heat to low, cover and simmer, stirring occasionally, until tender, about 20 minutes. Drain off and reserve the excess water.

In the same pan over medium heat, melt the butter until foaming. Add the onion and cook until just tender, 2-3 minutes. Add the squash, season with salt and pepper and cook, stirring occasionally, until tender, 12-15 minutes. Add the thyme and cook for 30 seconds. Stir in the cooking wine and cranberries. Fold in the einkorn berries and sunflower seeds. Add more cooking water if needed. Adjust the seasoning with salt and pepper. Sprinkle with camelina seeds and serve immediately. Serves 6 to 8.

Courtesy of Lentz Spelt Farms and Resurgent Grains. Go to www.resurgentgrains.com to purchase Resurgent Grains Organic Einkorn Berries and Organic Camelina Seeds.