

Kohlrabi & Apple Grain Salad

Ingredients

1 cup Hayden Flour Mills Emmer Farro Berries

1 kohlrabi

1 apple

1/2 cup walnuts, coarsely chopped

4 ounces blue cheese, crumbled

A few fresh sprigs of thyme

Dressing

2 tablespoons grainy mustard

2 tablespoons honey

2 tablespoons rice vinegar (or white vinegar)

4 tablespoons olive oil

Directions

Step 1: Cook & Cool the Emmer Farro Berries

1. Place 1 cup Emmer Farro Berries in a pot. 2. Add 3 cups of water. 3. Bring to a boil, reduce heat and simmer uncovered for 35-40 minutes or until the Emmer Farro is soft and starts to open slightly. 4. Drain and set cooked Emmer Farro Berries aside to cool.

Step 2: Prepare Salad

1. Trim and peel the kohlrabi and slice into thin matchsticks. Do the same with the apple. 1/16/25, 3:31 PM about:blank about:blank 1/2 2. Crumble the blue cheese and walnuts into small pieces. 3. Combine the dressing ingredients in a small mason jar, screw the lid on tightly and shake vigorously to combine. 4. Combine the kohlrabi, apple, walnuts, blue cheese, cooled Emmer Farro Berries with the dressing and toss until well coated. 5. Garnish with thyme and serve.

Source: <https://haydenflourmills.com/blogs/recipes/kohlrabi-apple-emmer-farro-salad-with-honey-mustard-dressing?>