

Seven Species Salad

This Seven Species grain and fruit salad is perfect for Tu B'Shevat. Serve alongside chicken or fish, or top with feta for a filling vegetarian side dish. Barley and freekeh are rich in dietary fiber, B vitamins and antioxidants for heart health. The fruits—both the fresh and dried fruits—are rich in dietary fiber, antioxidants, potassium and vitamin C. All of these nutrients are important for a healthy gut, brain and immune system.



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This grain and fruit salad makes a perfect side dish alongside chicken or fish, or top with feta for a hearty vegetarian meal.

- 1.5 cups barley, cooked
- 1.5 cups freekeh, cooked
- 1/4 cup dried figs, chopped
- 1/2 cup dates, chopped
- 1/2 cup pomegranate seeds
- 1/4 cup red grapes, chopped
- 1.5 tablespoons extra virgin olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon honey
- Juice of half a lemon
- Salt and pepper, to taste

1. Combine cooked barley and freekeh in a large bowl.
2. Add fruit (figs through grapes) and mix well; set aside.
3. To make dressing, combine olive oil, vinegar, honey and lemon juice. Add dressing to grains and fruit salad and mix well. Add salt and pepper, to taste.

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