

Freekeh Salad

Salad

- 2 cups prepared Freekeh (found online and store like Whole Foods)
- 1 1/2 cups shelled edamame (I usually buy this frozen and let thaw)
- 1 1/2 cups cooked black beans, rinsed and drained
- 1 - cup corn
- 1 Large tomato, diced
- 1/2 - 1 red bell pepper, diced
- 1/2 small red onion, diced
- 1/2 cup chopped cilantro
- 1 alapeño, seeded and diced
- 1 avocado (You can buy frozen avocado!!!Game Changer)

Dressing

- 1/3 cup olive oil
- 1/4 cup fresh lime juice
- 1 teaspoon dijon mustard
- 1 clove garlic, minced
- 1 teaspoon honey
- 1/8 teaspoon red pepper flakes
- Salt and pepper to taste

Instructions

Combine all of the salad ingredients and mix well.
Prepare the dressing and mix into the salad until well coated. If making ahead of time add the avocado and dressing before serving.