

Warm Freekeh Salad

Yield: 6 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/lebanese-freekeh-recipe-vegetarian>

Ingredients:

- 1 butternut squash medium, peeled and cut into 1/4" cubes
- 1 cup freekeh
- 1 cup pomegranate seeds
- 2 large shallots diced
- 2 cloves garlic minced
- 1/2 cup mint more to garnish
- 2 tablespoons coconut oil more for roasting squash
- sea salt
- fresh cracked pepper
- feta sheeps milk

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 5 milligrams
4. Fat: 6 grams
5. Fiber: 7 grams
6. Protein: 8 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 190 milligrams
9. Sugar: 6 grams

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