

Kamut Berries with Asparagus, Peas and Roasted Lemon

Kamut berries sound exotic. Get this organic whole wheat grain from Bob's Red Mill. The package says they are "the traditional grain of Egypt". The taste is like a nutty brown rice. Absolutely delicious with some vegetables added. For best results, soak your kamut in water overnight, then drain. This will reduce cooking time by about 20 minutes.

1 ½ cups	kamut berries	1 pound	asparagus spears
4 ½ cups	water	½ pound	frozen baby peas, defrosted
½ teaspoon+	kosher salt	1	leek
1	lemon	1 pinch	Fresh-ground black pepper
4 Tablespoons	olive oil (divided)		

- 1 If you have the time, soak the kamut berries overnight and drain. Add the kamut to a pot with 4 ½ cups water, ½ teaspoon kosher salt and bring to a boil. Cover, reduce heat to low and simmer for 60 minutes or 40 minutes if presoaked. Make sure water in pot does not run dry. Test the kamut. It will be done when tender but al dente. Remove from heat and drain off any excess liquid. This process can be done in advance and reheated later.
- 2 While kamut is cooking, roast the lemon. Slice lemon crosswise into thin slices. Remove and discard any seeds. Place lemon slices in a bowl and toss with salt and pepper + 2 Tablespoons olive oil. Lay the lemon slices on a parchment lined baking sheet in a single layer. Roast in a 375° oven for 18 to 24 minutes, removing slices as they are golden in color. Watch carefully that lemon slices don't burn.
- 3 On a separate baking sheet, toss asparagus spears with 1 Tablespoon olive oil, salt and pepper. Spread them out in a single layer. Roast in same oven for about 5 minutes just before serving. Remove from oven and cut into 1 1/2" pieces.
- 4 Cut leek lengthwise, wash out any sand, then cut white and light green part crosswise into thin slices. In kamut pot, heat 2 Tablespoons olive oil, add leek slices and cook until wilted. Add kamut back into pot along with the cooked asparagus, defrosted peas and give it a stir. Serve, garnishing with the roasted lemon slices. Another option is to chop lemon slices and mix in.

Servings: 6

Preparation Time: 15 minutes

Cooking Time: 1 hour

Total Time: 1 hour and 15 minutes

Oven Temperature: 375°F

Nutrition Facts

Nutrition (per serving): 293 calories, 91 calories from fat, 10.4g total fat, 0mg cholesterol, 212.4mg sodium, 472.8mg potassium, 45g carbohydrates, 8.6g fiber, 7.8g sugar, 10.9g protein.

Source

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