

# Carrot Top Tabbouleh with Kamut

## Ingredients

- 1 cup dry kamut
- Leaves from one bunch of carrots (about ½ cup when chopped)
- 1 small cucumber
- 2 cloves of garlic
- 3 scallions
- Pint of cherry tomatoes
- Juice of one lemon
- 2 TBSP. olive oil
- Salt and pepper, to taste

## Steps

1. Bring 3 cups of water to a boil, and add the kamut and reduce the heat to low. Simmer the grains for 45-60 minutes, until tender and chewy. Drain the remaining water, and place in a large bowl.
2. Wash the carrot tops, and remove the stems. Finely dice the leaves, and add the bowl with the kamut. Wash and chop the cucumber into small cubes. Dice the garlic. Chop the scallions. Wash the cherry tomatoes and quarter. Add all the vegetables to the kamut.
3. Add the lemon juice, olive oil, and salt and pepper to the bowl. Toss well to combine, and taste, adjusting the acidity or salt as needed. Serve room temperature or chilled.

