



Montana Gluten Free Processors

141 Andrea Dr.

Belgrade MT, 59714

(406) -600-7400

info@montanaglutentfree.com

<http://www.montanaglutentfree.com>

Oat Spring Salad

Ingredients:

1 cup Montana Gluten Free Rocky Mountain Rice (100% Raw Oat Groats)
1 small red onion
2 cups raw asparagus cut into small pieces (1/2 to 1 inch)
1 cup walnuts
6-8 radishes cut into slivers
½ cup dried cranberries
2 to 3 Tablespoons white balsamic vinegar
1/3 cup olive oil
Tsp kosher salt
Freshly cracked black pepper to taste
Crushed red pepper flakes to taste
(1/2 cup feta cheese – optional)

Instructions:

Bring 4 cups of water to a boil. Add a tablespoon of kosher salt. Add Rocky Mountain Rice, return to boil, turn down to simmer. Cook, stirring occasionally, for 1 hour.

While oats are cooking, finely chop the red onion and place in a small bowl. Cover with 2 tablespoons of white balsamic vinegar – it's ok if all the pieces are not submerged.

Chop off the ends of the asparagus spears. Cut the asparagus on the bias (just for looks) into small pieces – ½ inch to 1 inch in size.

Cut off the ends of each radish. Slice thinly into rounds – stack a few slices at a time then cut straight down to make slivers.

During the last two minutes of cooking the Rocky Mountain Rice add the asparagus to the pot and cook along with the oat groats for the last two minutes.

Drain the Rocky Mountain Rice (Oat Groats) and asparagus, transfer to a bowl, season immediately with olive oil, pepper and crushed red pepper flakes to taste.

Add the red onions, chopped walnuts, radishes, cranberries, and feta cheese (if using it). Toss with a large spoon. Taste. Add another tablespoon of white balsamic vinegar or more salt, pepper or crushed red peppers. Toss. Taste again. Can be served at room temperature or chilled.