

Freekeh Mujaddara



Trying to lose weight? Freekeh is the ideal option for you, because the fiber and protein fill you up on a per-calorie basis better than other similar foods. Diabetic? Low on the glycemic index, it's a good option for people with diabetes. Vegan or Vegetarian? Freekeh is an excellent animal-free source of protein. Freekeh is a super healthy, ultra filling fiber, and it's absolutely delicious!

Ingredients (for two):

- 2 cups of Canaan Freekeh
- 2 cups of lentils
- Cumin
- Salt
- 2 large onions, thinly sliced
- ½ cup of Canaan's [Rumi Organic EV olive oil](#)

Preparation:

- Soak Freekeh in warm water for 20 minutes.
- Throw lentils in a medium saucepan. Add enough water to cover the lentils by about 1-inch, and bring it to boil over medium-high heat; turn heat down to a simmer and cook until lentils are tender but not too mushy.
- Once lentils are ready, drain Freekeh, and then add it to the lentils pan.
- Add some salt, cumin, and 2 cups of water, and mix everything together. (if Freekeh is not soaked, add 3-4 cups of water, depending on how soft you like it)
- Bring it to boil over medium-high heat, then turn down to a simmer and let it cook until Freekeh is no longer crunchy.
- In a separate pan, add about 1/2 cup of Canaan's Rumi olive oil, and onions, and let it cook on medium-high heat until onions are caramelized.
- Once Freekeh is ready, fluff on a plate with caramelized onions on top
- Served with yogurt or salad.

"Sahha ow Afyeh": Bon Appetit!