



Yield: 8 servings

Ingredients

- 10 cups water
- 4 cups freekeh
- 2 teaspoons kosher salt

Cooked Freekeh

Instructions

1. Combine the ingredients in a large saucepan.
2. Mix slightly to spread the salt and moisten all the grains of freekeh.
3. Bring to a boil over medium to high heat.
4. Once the liquid starts to boil, reduce heat to medium-low and cover with lid and let simmer until grains become tender.
5. For cracked-grain freekeh, this should take about 10 to 15 minutes.
6. For whole-grain freekeh, this should take 40 to 45 minutes.
7. Stir the grains periodically.

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Nutrition Information Serving Size: 1 cup

Calories: 101 | Total Fat: 0 g | Saturated Fat: 0 g | Sodium: 282 mg
Total Carbohydrate: 23 g | Dietary Fiber: 5 g | Sugars: 0 g | Protein: 4 g