

THE DIETITIANS NETWORK OF NOVA SCOTIA

Cavena Mediterranean Salad

Delicious make-a-head salad using local oat groats from Speerville Flour Mill, NB

Recipe Name:	Cavena Mediterranean Salad
Recipe By:	Kelly Pearce, RD
Short description of recipe:	This salad is worth the 45 minutes to cook the oat groats and simple to assemble. It tastes even better after sitting overnight. Great for a 'Meatless Monday' or as a lunch option. The name Cavena comes from the botanical name for hullless oats – Cavena nuda.
Makes	Approx. 4 cups
Ingredients:	1 cup of uncooked oat groats (hullless oat kernels) ½ tsp salt ½ red pepper, small dice ½ cucumber, small dice 1 tomato, small dice ¼ red onion, small dice ½ cup feta, crumbled ¼ cup black olives, pitted and diced ½ cup olive oil ¼ cup balsamic vinegar 1 ½ tbsp, honey, liquid 1 tsp garlic, minced ¼ tsp salt ¼ tsp pepper
Instructions:	<ol style="list-style-type: none">1. Place oat groats and salt in a medium saucepan. Cover with cold water about two inches above oats. Place sauce pan on high heat and bring to a boil. Once water is boiling turn heat down to medium. Allow oats to cook for 45 minutes or just until tender. (There should still be a slight bite to the oat groats).2. Place cooked oat groats in a colander and run briefly under cold water to cool down. Let drain, then place in a medium bowl.3. Add diced vegetables, feta and olives to the oat groats.4. Combine remaining ingredients in a small bowl. Pour over the oat groat mixture and toss to coat. Taste and adjust seasoning. Chill thoroughly and serve.