

# Warm Spelt with Fennel and Tomato

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## About this Recipe

**Meal:** Side

**Serves:** 2 servings

**Prep time:** 15 minutes

**Cook time:** 40 minutes

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## Category

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## Dietary Preference

- ✓ Dairy-Free
  - ✓ Gluten-Free
  - ✓ Nut-Free
  - ✓ Omnivore (Everything)
  - ✓ Pescatarian
  - ✓ Vegan
  - ✓ Vegetarian
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## Nutrition Information

**Serving Size:** half of recipe

**Calories:** 301

**Protein:** 30 grams (1 ½ hands )

**Fat:** 8 grams (1 thumb)

**Low Carb:** 11 grams (¾ fist )

**Moderate-High Carb:** 20 grams (1 cupped hand)



## Registered Dietitian's Notes

Spelt, a whole grain similar to barley, is a rich source of fiber and protein. Fiber helps to slow digestion, which keeps blood sugar levels steady and supports the good bacteria in the gut. Fennel is high in vitamin C and powerful antioxidants, which may reduce inflammation.

## Ingredients

- 1 cup (45 grams) spelt kernels
- 1 cup (250ml) [bone broth](#) or vegetable broth
- 2 cups (500ml) water
- 2 cups baby tomatoes
- 2 cups chopped fennel bulb
- 1 large red onion
- 1 tablespoon olive oil
- ½ teaspoon salt
- ½ teaspoon pepper
- ⅓ cup fresh basil
- 2 tablespoons parsley



## Directions

1. Soak the speltz in plenty of water, preferably overnight or for a few hours before cooking. This will help to break down the gluten, making it easier to digest and reducing cooking time.
2. Heat the oven to 350°F (180°C).
3. Strain the water from the soaked speltz. Place the speltz into a small pot with the broth and 2 cups (500ml) of water. (The ratio of soaked grain to liquid is 1:3.) Simmer the speltz over a moderate heat for 30–40 minutes. When done, the grain should be chewy but still hold its shape. Strain off any excess liquid once the speltz is cooked.
4. Line an oven tray with parchment paper. Halve the tomatoes, cut the onion into thick slices, and roughly slice the fennel into half inch pieces. Place the vegetables on the oven tray, drizzle them with a little olive oil, season with salt and pepper, and roast for 20 minutes.
5. Add the warm roasted vegetables to a large bowl with the cooked speltz and stir. Be sure to add in the roasting juices from the tray for the speltz to absorb. Roughly chop the herbs and mix them through.
6. Serve while warm.

## Serving Suggestion

This salad is delicious as a main meal served with a green side salad, or served as a side with [seared steak](#).