



A Division of Nature's Organic Grist

**Ancient Grains for
Modern Times**

8 grams of protein 4 grams of fiber
Easy to cook great texture!



Easy to cook!



www.freekeh-foods.com

The Back story...



Freekeh on tv before the brand...



Creating Freekeh Foods!



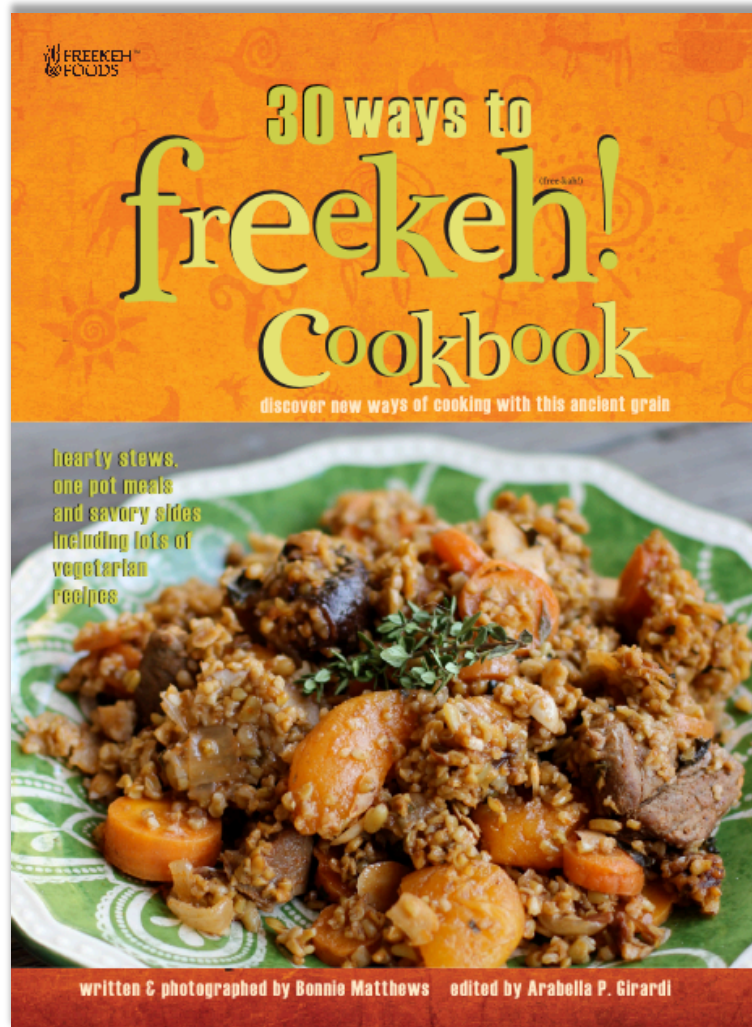
 FREEKEH
FOODS™



Creating the brand



Cooking freekeh...educating the consumer



42 30 WAYS TO FREEKEH!

Roasted sweet potato stew with kale and freekeh

This sure was a hit when I served it at my first Get Bon Retreat last year! Try using roasted pumpkin or butternut squash instead of sweet potato for a delicious twist.

prep time: 20 minutes
total time: 40-45 minutes
oven temp: 375°
servings: makes 6-8 servings

- 1 8-ounce package cracked freekeh (1 cup)
- 3 sweet potatoes, scrubbed, cut into 1-inch cubes
- 4 cups vegetable broth
- 2 bay leaves
- 1 bunch of fresh Lacinato kale, cut into bite-sized pieces
- 1 small onion, diced
- 1 12-ounce can garbanzo beans, rinsed and drained
- 1 12-ounce can fire roasted tomatoes
- 2-3 garlic cloves, diced

Scrub the sweet potatoes and cut into 1-inch cubes. Place sweet potatoes on a foil-lined baking sheet and drizzle a little olive oil on them. Bake in 375° oven for about 25 minutes or until tender. Remove from oven and set aside. While the potatoes are cooking, pour all ingredients into a large pot on top of the stove over high heat. Stir with a spoon and heat for about 5 minutes. Reduce heat to low and add roasted sweet potatoes. Cover partially and simmer for at least 30 minutes. Check occasionally and give a stir. Continue to cook longer for richer flavor, adding water or more broth if desired.

options: Sprinkle a little nutritional yeast on top for a "parmesan cheese" flavor without the fat.



Lacinato kale is also called dinosaur or dino kale because of its pebbly texture. I prefer it over curly kale because this has a softer stem that I leave in compared to curly kale.



Freekeh – the *only* roasted ancient grain on the shelf



Launching 3 varieties of freekeh

- 1 Freekeh, “Original”
2 Freekeh, “Rosemary Sage” 3 Freekeh, “Tamari”



FREEKEH FOODS™
ancient grains for modern times

all Natural freekeh
Roasted Green Wheat

TAMARI
MADE WITH WHOLE GRAINS
Good Source of fiber & protein

ORIGINAL
MADE WITH WHOLE GRAINS
Good Source of fiber & protein

ROSEMARY SAGE
MADE WITH WHOLE GRAINS
Good Source of fiber & protein

NET WT 8 OZ SERVINGS

Easy to cook!

www.freekeh-foods.com

Easy to cook – just like rice!



How to cook it?









Italian chicken with sun-dried tomatoes and wilted spinach

I shared this recipe at my Get Bon Wellness Retreat last year, and everyone really enjoyed it. In this batch, I used 1 bag of fresh spinach, but I've often doubled that for more greens. If I have sweet red or yellow peppers on hand, those are great in this recipe too. Simply add them in when you add the onions. Mangia!

total time: 30 minutes
servings: 4

1 8-ounce package cracked freekeh (1 cup),	1 cup sun-dried tomatoes, julienne cut
2 1/2 cups water	10 cremini mushrooms, sliced
2 chicken breasts, skinless boneless, cut into chunks	1- 6 ounce fresh spinach, prewashed
2 tablespoons extra virgin olive oil	3/4 cup crumbled goat cheese
1-2 tablespoons Earth Balance® or butter	2 tablespoons parmesan cheese, grated
8 garlic cloves, chopped	1/4 cup pine nuts
1 medium yellow onion, chopped in large chunks	oregano, red chili flakes, black pepper to taste

Pour water and the freekeh in a saucepan and bring to a boil, cooking for 1 minute. Reduce heat to low. Cover and simmer for about 25 minutes until the freekeh is tender. Once cooked, remove from heat.

Cut up the chicken into chunks. Add olive oil to a large skillet and heat up on medium. Add in chicken, oregano, red chili flakes and black pepper. After about 6 minutes, add Earth Balance® and continue cooking until chicken is golden brown. Remove chicken from skillet and set aside.

In the same skillet, drizzle more olive oil, add garlic, onion, sun-dried tomatoes and mushrooms. Cook for 5-7 minutes over medium heat until tender. Toss the chicken back into the skillet, add the entire bag of spinach and stir. Continue to stir until the spinach is still bright green but wilted. Remove the skillet from the heat. Add goat cheese and parmesan cheese, stirring until chicken is coated. In a separate small skillet, heat up a drizzle of olive oil and brown the pine nuts for about 2 minutes. Sprinkle into the main dish and serve immediately.



I know it seems like a lot, but don't skimp on the spinach. Fresh spinach will wilt down, so you'll have plenty of room in the pan for the other ingredients.



get your
freekeh^(free-kah)
on

 FREEKEH
FOODS™