



Wheat Berry Salad

Recipe Source: PEHP Healthy Utah Test Kitchen Staff

Servings: 3

Ingredients:

1 cup hard wheat berries
3 cups water
2 Tbsp olive oil
¼ cup orange juice
2 TBSP rice vinegar
1 teaspoon salt
½ tsp cracked black pepper
2 celery stalks, diced
2-3 green onions, diced
1 apple diced
¼ cup dried cranberries
½ cup chopped walnuts

Steps:

- Place wheat berries in a pot and cover with water by a little more than an inch. Bring to a boil. Reduce heat and cover, simmering 50-60 minutes or until berries are tender. Add more water if needed.
- Meanwhile in a small bowl combine oil, juice, rice vinegar, salt and pepper. Set aside.
- When berries are cooked, drain any excess water and place in a large bowl. Add half of the dressing and stir. Let it sit until the wheat berries have cooled to room temperature. Stir in the remainder of the ingredients and dressing, tossing gently. Serve chilled or room temperature.

Tips from the Test Kitchen: Add feta if you like! This is a delicious and filling meatless main dish.

Nutritional Facts: Calories: 500, Carbohydrates: 70 grams, Protein: 12 grams, Total Fat: 22 grams, Saturated Fat: 2 grams, Cholesterol: 0 mg, Sodium: 796 mg, Fiber: 13 grams, Total Sugars: 19 grams.