

Wheat Berry Salad

This dish is a colorful and healthy addition to any meal. Be sure to use hard white wheat berries to ensure a nutty flavor and a chewy texture. Wheat berries can be found in any grocery or natural foods store, either with the rice and beans or in the baking aisle with various cereal grains. This salad keeps well for a couple of days and makes great leftovers for lunch.

Ingredients

1 cup whole, uncooked, hard wheat berries
1 medium tart apple, chopped
½ cup dried cranberries **or** dried tart cherries
2 stalks of celery, finely chopped
1-2 scallions
1 cup toasted pecans
½ cup parsley (optional)

Utensils

Knife and cutting board
Measuring cup
Measuring spoon
Cookpot with lid
Small mixing bowl
Large mixing bowl

For the dressing

3 TB extra virgin olive oil
3 TB pure honey
1 TB apple cider vinegar
1 TB freshly squeezed lemon juice
1/8 tsp table salt
1/4 tsp freshly ground black pepper

Make the dressing by combining all dressing ingredients in a bowl, whisking to combine well, and keep covered/chilled until ready to use. Toast the pecans in a medium dry skillet over medium-high heat until fragrant, 2 to 3 minutes. When cooled, coarsely chop the pecans. Finely chop the celery, and parsley if using. The dish can be prepared up this point in advance.

In a large heavy pot, cook wheat berries according to package directions (bring to a boil in water that's 2 inches above the wheat berries and boil uncovered for one hour, or to your desired level of tenderness.) Drain and cool. If desired, run it under cold water to help cool faster. Be sure to drain well. While the wheat berries are cooling, thinly slice both the white and green parts of the scallion. Core and chop the apple.

In a large bowl combine all the ingredients and pour the dressing over. Mix well and add salt and pepper to taste.