

## Rye Berry Salad

*Featuring Whole Rye Berries*

*Serves 4-6*

### Ingredients

1 cup uncooked rye berries or wheat berries  
1/3 cup dried cranberries  
1/3 cup raisins  
1 cup thinly sliced celery  
1/3 cup chopped fresh Italian parsley  
1/2 cup raw pumpkin seeds

### Dressing:

2 tablespoons finely minced shallots  
1 tablespoon white wine vinegar  
2 tablespoons fresh orange juice  
Grated rind of 1 orange  
¼ tablespoon salt  
¼ tablespoon freshly ground pepper  
¼ cup extra virgin olive oil



### Directions

1. Place the rye berries in a medium-size saucepan and cover with 3 cups of cold water.
2. Bring to a boil over high heat.
3. Cover the pan, reduce the heat to low, and simmer until the berries are just tender, 45 to 55 minutes.
4. Drain and transfer to a large bowl.
5. Add the fruit, celery, parsley, and pumpkin seeds to the rye berries and mix to blend.

### Dressing:

1. Place the shallots in a glass jar with the vinegar and orange juice.
2. Let the mixture sit for 10 minutes, then add the remaining ingredients.
3. Shake vigorously to blend.
4. Just before serving time, add the dressing to the rye berries and toss to coat.
5. Season to taste with salt and pepper.