

Wheat Berry Salad with Dried Cherries

Adapted from: Good Housekeeping. (2010). Grains! New York: Hearst Books.

Featuring Wheat Berry

Serves 12: ½ Cup portions

Cost \$0.87per portion

Originally thought to be from Mesopotamia, may also have grown wild in the Euphrates and Tigris River Valleys

Ingredients

2 Cups Wheat Berries
1 Large Shallot, Minced
3 Tablespoons Fresh Lemon Juice
1 Tablespoon Dijon Mustard
1 Tablespoon Olive Oil
2 Teaspoons Honey
1 Teaspoon Salt
½ Teaspoon Coarsely Ground Black Pepper
3 Medium Stalks Celery
¾ Cup Dried Tart Cherries, Chopped
½ Cup Chopped Flat Leaf Parsley
Parsley Sprigs for Garnish



Fun Fact:

Wheat, a member of the grass family, produces a dry one-seeded fruit, "caryopsis," commonly called a kernel, grain or berry. Wheat berries vary widely in hardness and color. The color of the bran is usually white or red and sometimes may be purple. Wheat kernels may be cooked and eaten whole and are the simplest form of wheat.

Directions

1. In 4-quart saucepan, heat wheat berries and 8 cups water to boiling over high heat. Reduce heat to low; cover and simmer until wheat berries are just tender but still firm to the bite, about 1 ½ hours.
2. Meanwhile, in large bowl, with wire whisk or fork, mix shallot, lemon juice, mustard, oil, honey, salt and pepper.
3. When wheat berries are cooked, drain well. Add warm wheat berries to dressing with celery, cherries, and chopped parsley; toss well. Serve salad at room temperature, or cover and refrigerate until ready to serve. Garnish with parsley sprigs.

Serving Size: ½ Cup

~130kcal 4G Protein 26G Carbohydrate 2G total fat 6G Fiber

Diabetes Exchange: 2 CHO