

Wheat Berry & Rye Salad with Apples and Mint

Featuring *Wheat Berry & Rye*

Serves 6, 1 cup servings

Ingredients

3 Oranges (1/2 cup of orange juice and 2 tsp. of orange zest)
2 Tbsp Olive Oil
1 ½ Tbsp apple cider vinegar
1 tsp. salt
¾ cup tightly packed mint leaves
1 cup of uncooked Wheat berries
¼ cup of uncooked Rye
1 small green apple
1 small red apple
½ cup hazelnuts



Directions

1. Place wheat berries in 8 cups of water and bring to a boil. Once it boils bring to a simmer for about an hour until no water is left and wheat berries are chewy.
2. Place rye in 1 cup of water cook on high until it boils and begins to froth. Once it froths turn heat down to medium low and cook for 15-20 minutes until most of the water has absorbed, then turn heat off and let sit for about 5 minutes when all of the water has absorbed.
3. To prepare the dressing: Blend ½ cup of fresh orange juice (make sure to zest first), oil, vinegar, salt, and ½ cup of mint in a food processor or blender.
4. Toast hazelnuts by placing them on a baking sheet and baking on 350°F oven for 10 minutes stirring occasionally.
5. When wheat berries and rye are done cooking place in bowl with the dressing and orange zest. Let them soak for 15 minutes tossing occasionally.
6. Core the apples and cut them into ¼ in dice. Stack the remaining mint leaves and roll them into a log. Slice them as thinly as you can. Toss them with the apples and hazelnuts into the bowl with the wheat berries, rye and dressing.

Variations: After blending the dressing, stir in 2-3 tablespoons of finely chopped crystallized ginger. Consider trying other grains including: triticale, spelt or kamut.

*Recipe is adapted from Lorna Sass's "Whole Grains Every Day, Every Way." Available at:
www.wholegrainscouncil.org/node/49

Wheat Berries

What are wheat berries?

- Wheat berries are whole wheat kernels.
 - When boiled, cooked wheat berries have a chewy bite and subtle nutty, earthy flavor.
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Why are wheat berries “Healthy Eats”?

- Since the wheat kernel is left intact, virtually none of the nutrients are stripped away.
- A cup of cooked wheat berries has about 300 calories and is packed with fiber, protein and iron.
- Tasty sprouts are loaded with vitamin E, a cell-protecting antioxidant, and magnesium, which is good for healthy bones and muscles.

Rye

What is Rye?

- Long seen as a weed but gained respect for its ability to grow in areas too wet or cold for other grains
- A traditional part of cuisine in Northern Europe and Russia. Rye was also widely grown in colonial America

Why is Rye “Healthy Eats?”

- Rye is unusual among grains for the high level of fiber in its endosperm – not just in its bran. Because of this, rye products generally have a lower glycemic index
- Health bonus: The type of fiber in rye promotes a rapid feeling of fullness, making rye foods a good choice for people trying to lose weight.*

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Nutrition Facts

Serving Size 1 cup

Amount Per Serving 6

Calories 356 Calories from Fat 63

% Daily Value*

Total Fat 7.4g 3%

Saturated Fat 1.0g 10%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Total Carbohydrate 65.9g 13%

Dietary Fiber 13.9g

Sugars 0g

Protein 11.8g

Vitamin A 9% Vitamin C 29%

Calcium 10% Iron 24%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Fiber 25g 30g

Calories per gram:

Fat 9 * Carbohydrate 4 * Protein 4

Produced By Sage Graduate School Dietetic Intern