

## Red Winter Wheat Berry Salad



### Makes:

8 servings, approximately  $\frac{1}{2}$  cup each (207 g each)

### Utensil:

3 Qt./2.8 L Sauce Pan with Cover

small mixing bowl

large mixing bowl

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### Recipe:

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### Recipe Description:

This nutritious blend of delectable tastes combines a nutty flavor with just the right amount of sweetness - and it has wonderful textures. This is a beautiful and healthy side-dish for any meal.

4  $\frac{1}{2}$  cups  
cold water  
(1  
L)  
 $\frac{3}{4}$  cups  
hard red wheat berries (will yield approximately 2 cups  
cooked)  
(150  
g)  
 $\frac{1}{2}$  cup  
wild rice, raw (will yield approximately 1 cup cooked)  
(90  
g)  
 $\frac{2}{3}$  cup  
pecans, toasted, chopped  
(73  
g)  
1 cup  
dried cranberries  
(120  
g)  
 $\frac{1}{2}$  cup  
fresh parsley, chopped  
(30  
g)  
 $\frac{1}{2}$  cup  
green onions, chopped  
(50  
g)  
3 tablespoons  
lime juice  
(45  
mL)

1 tablespoon  
honey  
(21  
g)  
1 tablespoon  
Dijon mustard  
(15  
g)  
1 teaspoon  
kosher salt  
(5  
mL)  
½ teaspoon  
black pepper  
(2.5  
mL)

**Directions:**

1. Rinse wheat berries under cool running water. Place water, wheat berries and wild rice in sauce pan. Cover and bring to a boil over medium heat. When Vapo-Valve™ clicks, lower heat to medium-low and simmer gently for 1 ½ - 2 hours, stirring occasionally. Wheat berries and rice will be chewy and very slightly crunchy. Remove from heat. Drain and place in large bowl.
2. Add cranberries, pecans, parsley and green onions to wheat berries and wild rice.
3. In small bowl whisk together lime juice, honey, mustard, salt and pepper to make dressing. Add dressing to wheat berry mixture and mix thoroughly. Serve warm or cold.

**Tips:**

- Contrary to popular belief, wheat berries do not need to be soaked overnight before cooking.
- Recipe can be made the day before.
- Leftovers are delicious for the next several days.
- This makes a nice, meatless main dish or take to work for a delicious lunch.

Nutritional Information per

▼ Serving

**Calories:** 427  
**Total Fat:** 8g  
**Saturated Fat:** 1g  
**Cholesterol:** 0mg  
**Sodium:** 398mg  
**Total** 84g  
**Carbs:**  
**Dietary Fiber:** 8g  
**Sugar:** 3g  
**Protein:** 5g