



A Nutrition Resource

SWEET WHEAT BERRY SALAD

Yield: 6 Servings | Serving Size: 3/4 Cup

Cost/Serving: \$0.48

Ingredients:

- 3/4 cup wheat berries
- 2 3/4 cups water
- 1 Tablespoon + 1 teaspoon olive oil
- 1/2 cup onion, minced
- 1 apple, chopped
- 1/4 cup walnuts, chopped
- 1/2 cup diced canned pears, packed in light syrup
- 2 Tablespoons vinegar
- Salt and pepper (optional)

Directions:

- 1) Thoroughly rinse wheat berries, discarding any rocks that may be present.
- 2) Add wheat berries, water, and 1 teaspoon olive oil to a medium saucepan and cover.
- 3) Bring the water to a boil and then reduce heat to simmer for 45 minutes or until wheat berries have plumped and chew easily. Add more water and extend the cooking time if needed.
- 4) Remove from heat when done and drain any excess liquid out of the saucepan.
- 5) Drain pears, reserving the pear syrup in a medium bowl.
- 6) In a medium pan, sauté 1 Tablespoon olive oil, onion, apple, and walnuts for 5 to 10 minutes on medium heat until onion is translucent, and walnuts are fragrant.
- 7) Add the cooked wheat berries, 1/2 cup of drained pears, 1.4 cup of pear syrup, and vinegar to the pan and stir.
- 8) Cook for two minutes longer and remove from heat.
- 9) Refrigerate immediately. Serve chilled on top of salad greens.

Nutrition Facts

6 servings per container
Serving size 3/4 cup (206g)

Amount per serving
Calories 170

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 25g	9%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 85mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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