

WHEAT BERRY SALAD

INGREDIENTS

1 Cup dried Wheat Berries (rinsed)
1 rib diced celery
1 diced green onion
Handful chopped baby spinach
½ Cup chopped parsley
3 Tbsp dried cranberries
½ Cup roasted nuts (your pick)
Zest of ½ med lemon
2 Tbsp lemon juice
3 Tbsp olive oil
1 tsp maple syrup
S&P to taste



Prep Time	Cook Time	Portion
15 min	30-40 min	4 ppl

DIRECTIONS

1. Cook wheat berries in 4 cups boiling water until al-dente. (30-40 minutes) Rinse & Drain.
2. Toss wheat berries with remaining ingredients. Leave at room temperature for 1 hr before serving.
3. Top with feta cheese or goat cheese when serving (suggested but not required)

NUTRITIONIST'S TIP

Wheat berries can be found in the bulk section of your supermarket or bulk store. They are the entire edible part of the wheat kernel and considered “whole wheat” because they include the bran, endosperm and germ. They have a naturally chewy texture and are fibre rich. They do not require any soaking, however soaking overnight will reduce required cooking time.