



Wheatberry Salad

Vegan

Allergens: Wheat

Cool Weather

Yield: 3.25 pounds (about 6 1/2 cups)

Shelf life: 5 days

Ingredients:

1 cup	wheatberries
3 cups	water
1/2 cup	Craisins™
1/2 cup	sunflower seeds
1/2 cup	raisins
1 stalk	celery, diced
1 small	green apple, diced
1 small	red pepper, diced
2-3 each	scallions, chopped
1/4 cup	cider vinegar
1/4 cup	canola oil
1/8 teaspoon	cinnamon
1/8 teaspoon	coriander
1/4 teaspoon	cumin
1/4 teaspoon	nutmeg

Preparation:

1. Place wheatberries and water into a heavy saucepan and bring to a boil. Cover and reduce heat and simmer for about 1 hour or until berries are soft. Drain and reserve.
2. Dressing: Mix vinegar, oil, cinnamon, coriander, cumin and nutmeg together in a small bowl. Set aside.
3. In a large stainless steel bowl mix together wheatberries, Craisins, sunflower seeds, raisins, celery, apples, peppers, and scallions.
4. Add the dressing to the veggie/fruit mix and toss until coated.
5. Salt and pepper to taste.