



# *Fresh Wheatberry Salad*

(a HEALTHY SNACK OR SIDE, WITH SUBSTANCE!)

- 1 cup Wheatberries
- Sea Salt
- 1 cup diced Red Onion
- 6 tbs Olive Oil
- 2 tbs Balsamic Vinegar
- 3 Scallions, minced
- 1/2 Red Bell Pepper, diced
- 1 Carrot, shredded
- 1/2 tspn Black Pepper, freshly ground

1. Place Wheatberries and 3 cups boiling salted water in a saucepan and cook, uncovered, over low heat for about 1 hour, or until soft.

Drain.

2. Saute the Red Onion in 2 tbs Olive Oil over medium-low heat until translucent, about 5 minutes. Turn off heat, add remaining 4 tbs (1/4 cup) Olive Oil and Balsamic Vinegar.

3. In a large bowl, combine the warm Wheatberries, sauteed Onions, Scallions, Red Bell Pepper, Carrot, 1/2 tspn salt, add the pepper. Allow the salad to sit for at least 30 minutes for the Wheatberries to absorb the sauce. Season to taste, and serve at room temperature.

Yield: 6 servings