



Fresh Wheatberry Salad

(a *HEALTHY SNACK OR SIDE, WITH SUBSTANCE!*)

- 1 cup Wheatberries
- Sea Salt
- 1 cup diced Red Onion
- 6 tbsls Olive Oil
- 2 tbsls 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. Sauté the Red Onion in 2 tbsls Olive Oil over medium-low heat until translucent, about 5 minutes. Turn off heat, add remaining 4 tbsls (1/4 cup) Olive Oil and Balsamic Vinegar.

3. In a large bowl, combine the warm Wheatberries, sautéed 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