

Wheat Berry Salad

I buy soft Ontario wheat berries sold in most health and bulk food stores. They take a little more than 1 hour to cook. I like canned President's Choice Organics Bean Medley. Grape tomatoes, corn kernels, dried cherries, lightly steamed chopped green beans or tiny broccoli florets and toasted sunflower or pumpkin seeds are nice additions. Use your favourite non-creamy dressing, homemade or bottled, if desired.

Salad:

1 cup wheat berries
19-oz/540 mL can red kidney, pinto, soy or mixed beans, drained, rinsed
Half an unpeeled English cucumber, diced
1 large red bell pepper, seeded, diced
3 green onions, chopped
Seeds of 1 pomegranate, optional
Salt and freshly ground black pepper to taste
¼ cup extra virgin olive oil
2 tbsp balsamic vinegar
2 tbsp freshly squeezed lemon juice
1 tsp Dijon mustard
1 cup fresh herb leaves (mint, coriander, parsley)

In bowl, soak wheat berries at least 4 hours or overnight in enough cold water to cover by about 1 inch. Drain. Place in saucepan with cold water to cover by about 2 inches. Bring to boil; reduce heat to low and simmer, partially covered, about 1 hour or until al dente. Drain; cool.

In large bowl, combine cooked wheat berries, cucumber, red bell pepper, green onions and pomegranate seeds. Add salt and pepper.

In small bowl, whisk together olive oil, balsamic vinegar, lemon juice, mustard, and Tabasco until combined.

Store salad and dressing separately in fridge. Before serving, stir dressing and fresh herbs into salad.

Makes 4 to 6 servings.