

WHEAT BERRY SALAD WITH RAISINS, BEETS AND CITRUS VINAIGRETTE

2 cups uncooked wheat berries

Salt and pepper to taste

1 orange

1 ½ tbsp lemon juice

1 ½ tbsp flaxseed oil or canola oil

2 small raw beets, peeled and grated

1 carrot, grated

¾ cup seedless raisins

1 small bunch green onions, trimmed and thinly sliced

Place wheat berries in a large bowl and cover with several inches of cold water. Let soak 8 hours or overnight. Drain and rinse the berries and place them in a large saucepan. Cover by several inches of salted water and bring to a boil. Reduce heat to medium low, cover, and simmer until berries are tender and some break open, about an hour. Drain well and set aside to cool.

Zest orange then transfer zest to a large bowl. Add juice of half the orange (save remaining for another use), lemon juice, oil, salt and pepper and whisk to make a dressing. Add cooled wheat berries and toss. Add beets, carrots, raisins and green onions and toss again.

Serves 6

From Whole Foods online recipe collection