

Wheat Berry Fruit Salad

Serves: 6

amount	unit	Ingredients:
1	cup	wheat berries
3	cups	water
1	each	apple, chopped
0.5	cup	raisins
0.5	cup	walnuts
0.25	cup	pomegranate seeds/craisins if pomegranate is out of season
3	Tbsp	apple juice
1	Tbsp	apple cider vinegar
1	Tbsp	extra virgin olive oil
1	Tbsp	lemon juice
0.25	tsp	salt
0.25	tsp	black pepper
0.25	tsp	ground nutmeg
0.25	tsp	ground cinnamon

Place wheat berries in a bowl and cover with water. Soak for 5 minutes and then drain.

Transfer wheat berries to a large sauce pan and stir in 6 cups of water. Bring to a boil. Reduce heat and simmer for 60-80 min or until wheat berries are tender. Add water if needed to keep berries covered.

Drain and allow to cool.

Combine remaining ingredients. Mix with wheat berries and chill.

Nutritional Information:

Calories: 280; Carbohydrates: 44g; Fiber: 6g; Sugar: 16g; Protein: 7g; Fat: 10g; Saturated Fat: 1g; Cholesterol: 0mg; Sodium: 45mg