

WHEATBERRY SALAD WITH DRIED FRUIT AND NUTS

Servings: 6

Prep Time: 15 minutes

Cook Time: 1 hour

Wheatberries, which refer to the entire kernel of wheat, are the hearty whole grain base for this brightly flavored salad. Try this perfect make-ahead side dish at your next summer picnic.

Ingredients

1 cup wheatberries

4 cups water

1/2 teaspoon salt

1 tablespoon apple cider vinegar or sherry vinegar

2 tablespoons olive oil

1/3 cup dried cherries

1/3 cup sliced dried apricots

1 teaspoon chopped fresh thyme leaves

1/3 cup sliced almonds, toasted

Directions

Combine the wheatberries, water, and salt in a sauce pan and bring to a boil over high heat. Reduce the heat to medium-low; cover and simmer for an hour, or until tender. Drain the cooked wheatberries and transfer them to a bowl. While the wheatberries are still warm, drizzle them with olive oil and apple cider vinegar; stir to combine. Add dried cherries, dried apricots, and thyme; stir to combine. Refrigerate until ready to serve. Before serving, add sliced almonds and stir to combine. Serve cold or at room temperature.

NOTE: Wheatberries are often found in the cereal aisle, baking aisle, or organic section of your grocery store. You can buy almonds already sliced, but the apricots need to be sliced by hand. To toast the almonds, place in a dry skillet over medium heat. Stir occasionally for 5 minutes, or until fragrant and lightly browned.

VARIATION: You may substitute dried cranberries for the dried cherries and walnuts or pecans for the almonds.

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