



Spring Wheatberry Salad

SERVES SERVES 4

Ingredients

1 cup of Red Harvest Wheat Berries

3 radishes

4 spring onions

1/4 lbs (about 1/3 of a bunch) of asparagus spears

1/3 cup walnut pieces, toasted

1 1/2 lemons, juiced

1/4 sherry vinegar

1/4 cup olive oil

1 tsp of Dijon mustard

2 tsp of fresh thyme

salt and pepper

Instructions

Place the wheatberries on a baking sheet and toast in the oven for about 10 minutes on 350, stirring halfway through.

Bring 3 cups of water and 1 tsp of salt to a boil. Add in the wheat berries and bring it back up to a boil. Reduce the temperature to simmer, cover the pot and cook for about 45 minutes to 1 hour. The wheat berries should be chewy, but not crunchy. Be careful to not over-cook them or they will break and become mushy.

Make the dressing by combining the lemon juice, sherry vinegar, thyme, olive oil and a sprinkle of salt and pepper. Whisk until it's mixed together very well.

Slice the radishes and spring onions.

Trim the bottoms off the asparagus. Place in boiling water for about 2 minutes and then plunge into ice water to stop the cooking. Cut into 1 inch pieces.

When the wheat berries are done cooking, drain off the water. When the berries have cooled off a little, toss in half the dressing, asparagus pieces, sliced radishes, spring onions and toasted walnut pieces. Taste to adjust the seasoning and dressing. Serve cold or at room temperature.

*Wheat berries can be found in the bulk section of a health conscious store. If you can't find wheat berries, substitute farro or if you're gluten free, quinoa. Just make sure to cook these grains according to package directions and not as specified above.