

Wheat Berry Salad

*From Bonnie Stern, Cookbook Author & Owner
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Ingredients:

- 1 cup wheat berries (soft wheat kernels)
- 1/2 lb. green or yellow beans (or combination)
- 1 cup cherry tomatoes (red or yellow or a combination), quartered
- 1 roasted red pepper, peeled, seeded, diced
- 2 ears corn, grilled or raw, kernels removed from cobs

Dressing -

- 3 T. rice vinegar (preferably seasoned)
- 2 cloves garlic or 1 whole head roasted garlic
- 3 T. olive oil
- 1/4 cup fresh cilantro, chopped
- 1/4 cup fresh chives or green onions, chopped

(over)

To Prepare:

Place wheat berries in a saucepan, covering with about 4" of cold water. Bring to a boil then simmer gently for 1 to 1 1/2 hrs. until tender (berries should be chewy but tender). Drain well. Next, blanch beans for 5 min. in boiling water. Drain and chill in cold water. Pat dry and slice into 1/2" pieces. Combine with berries. Add cherry tomatoes, then red peppers and corn. For dressing, whisk together vinegar, garlic and oil. Stir in herbs and combine with wheat berries. Season with salt and pepper if necessary. Serves 6.

Show #119