

Wheat Berry Salad with Ginger Orange Vinaigrette

Serves 4

W3

This nutty salad has just the right balance of sweet and savory making it a favorite at lunch time. Depending on how much of the dressing is used will determine if the salad qualifies as a W4 or W3. Use half of the dressing to make it a W4* salad or the full amount for a W3*. Either way it's yummy!*

For Salad (W5 for salad alone)

- 1 cup whole wheat berries rinsed, and drained (yields 2 ½ cups cooked)
- 3 cups water
- 1 red bell pepper, seeded, and diced
- 1 green bell pepper, seeded, and diced
- 1 bunch green onions, white and green parts, thinly sliced

For Vinaigrette (W3 for vinaigrette alone)

- 1 cup freshly squeezed orange juice
- ½ teaspoon peeled, minced fresh ginger
- 1 teaspoon white or yellow miso paste
- ¼ teaspoon freshly ground black pepper

To prepare the wheat berries: In a large 2-quart sauce pan combine the wheat berries and water. Bring the water to a boil, reduce the heat to low, cover and cook, periodically skimming any foam that rises to the surface. Cook until the wheat berries are tender, about 1 ½ to 2 hours. Remove the pan from the heat and using a fine mesh strainer, drain any excess liquid. Spread the strained, cooked berries out on a cookie sheet to cool. Note: cooked wheat berries always retain some chewiness. A visual cue to know when your wheat berries are done cooking is when about 20% of them have burst open. Meanwhile prepare the vinaigrette.

To prepare the vinaigrette: Whisk together the orange juice, ginger, miso, and pepper in a bowl until well blended. Set aside. For storage, cover and refrigerate for 1 hour or overnight.

To assemble the salad: Toss the fully cooled wheat berries, bell pepper, and green onions in a large bowl until well combined. Pour the desired amount of dressing over the berries, and toss to thoroughly coat. Serve immediately or cover and refrigerate for up to 2 days. Toss again before serving.