

WHEAT BERRIES WITH DRIED FRUIT

This salad can be made nut-free and with any mix of dried fruits you like. The wheat berries are often too chewy for the clients, so a mix of brown rice and wheat berries is perfect.

SERVES 50 ADULTS

INGREDIENTS

7 cups wheat berries
7 cups converted brown rice
1 ½ cups chopped walnuts
5 stalks celery, sliced thinly
1 ½ cups dried fruit (raisins, cranberries or combination)
1 cup cilantro, parsley or fresh spinach, chopped
2 large red onions, diced
½ cup oil
½ cup lemon juice (bottled or fresh)
1 teaspoon salt
1 teaspoon black pepper

DIRECTIONS

1. Preheat oven to 325°F.
2. In a large pot combine the wheat berries and enough water to come 2 inches over the wheat berries. Bring to a boil and cook uncovered for 1 hour, or until tender. Drain and cool.
3. While wheat berries are cooking, put brown rice in a hotel pan. Add 2" boiling water and cover with foil and plastic wrap and cook for 45 minutes.
4. Toast the walnuts on a full baking sheet lined with paper for 10 minutes.
5. In a large bowl, combine the wheat berries, rice, walnuts, celery, dried fruit, red onion, herbs and oil with lemon juice and salt and black pepper.