



Summer Wheat Berry Salad

2 1/4 cups wheat berries

1/3 cup apple cider vinegar

1/2 cup olive oil

1 1/2 Tablespoons honey (we used local honey that we carry at Wickham Farms)

Salt & Pepper

3-4 cups (TOTAL) vegetables. We used:

- Beets, roasted until tender, peeled and cut into medium dice
- Beans, cut into 1-inch pieces, steamed or boiled until crisp-tender
- Corn kernels, blanched (you can cut cooked corn off the cob – a good use for leftover corn)



You could also use:

- Broccoli or cauliflower, cut into 1-inch florets, steamed until crisp-tender
- Carrots, cut on the diagonal into 1/4-inch slices, steamed until crisp-tender
- Cucumbers, peeled, seeded and cut into medium dice
- Green peppers, cut into medium dice
- Radishes, halved and thinly sliced
- Zucchini or summer squash, cut into medium dice

Chopped herbs for garnish, optional

1. Cook wheat berries. Soak wheat berries for 1-2 hours. Drain. Heat a large pot of salted water; when it comes to a boil, add wheat berries. Cook 1 hour, until chewy but tender. Drain and rinse with cool water; let drain for 5 minutes. Cover a large baking sheet with parchment; spread the wheat berries on the baking sheet to finish cooling.

2. Prepare your veggies. (See prep instructions if you are using different veggies.)

- Roast, peel and chop the beets.
- Steam or boil your beans.
- Blanch the corn – I bring the water to a boil, add the corn, cover and take off heat. Let stand 10 minutes. Cool. When cool, cut the kernels off the cob.

3. Make vinaigrette. Put the vinegar in a small bowl and gradually whisk in the oil, then the honey. Season with salt and pepper.

4. Put the cooked and cooled wheat berries in a large serving bowl. Add the veggies and chives and 1/2 vinaigrette and toss. Taste and season as needed with more vinaigrette, salt and pepper. Serve or refrigerate for up to 2 days. This salad tastes best at room temperature. If you serve it the next day, taste and add more vinaigrette, if needed.