

Wheat Berry Main Dish Salad

Serves 4



Ingredients:

- 1 cup uncooked wheat berries
- 2½ cups water
- 1½ cups broccoli flowerets
- ½ cup chopped green onions
- ½ cup diced carrot
- 1 can (425 g) garbanzo beans, drained
- Balsamic-Lemon vinaigrette

Procedure:

- Heat wheat berries and water to boiling in a saucepan, stirring one or twice; reduce heat.
- Cover and simmer 50 to 60 minutes or until wheat berries are tender but still firm; drain.
- Toss wheat berries and remaining ingredients.
- Cover and refrigerate for at least 1 hour.

Per serving:

- Calories: 280
- Protein: 8 gm
- Carbohydrates: 46 gm
- Fat: 8 gm

Wheat berries are whole grains of wheat, and can be found in health food stores.