

## Wheatberry Salad

This recipe was used for the Farm Fresh Food Day sampling in Dexter Schools in April 2014. Variations could include a different grain or more fruits and vegetables or feta cheese added.

### Ingredients:

3 Cups Dried Wheat Berries (Local)  
1 cups Dried Cranberries (Local)  
1 cups Scallions, chopped  
1 cups Celery, chopped

### Dressing:

1 cups Oil  
1/2 cup Apple Cider Vinegar  
1/2 cup Lemon Juice  
1/4 cup Sugar or Honey  
2 tsp. Salt  
1/3 tsp. Pepper



### Materials:

Pot with lid  
Bowl for combining dressing ingredients

### Directions:

Day Before Serving: Rinse the wheat berries and drain. Place wheat berries in a pot and cover with 7 cups water. Cook in boiling water for 80 minutes or until they are tender and some have begun to split open (they will still be a bit chewy). Drain. Cool. Combine the dressing ingredients in a bowl and taste to adjust for flavor. Toss the wheat berries with the dressing and other ingredients. Cover and store overnight to allow the flavors to meld.

More recipes for school and home kitchens using Michigan-grown foods can be found at <http://dexterfarmtoschool.org/recipes/>



Questions or comments? Email [DexterFarmtoSchool@gmail.com](mailto:DexterFarmtoSchool@gmail.com)