

Wheatberry Salad

A variation on this recipe was used for the Farm Fresh Food Day sampling in Dexter Schools in April 2014.

Ingredients:

12 Cups	Dried Wheat Berries (Local)
5 cups	Dried Cranberries (Local)
4 cups	Celery, chopped
Dressing:	
3 cups	Oil
1.5 cups	Apple Cider Vinegar
1.5 cups	Lemon Juice
1 ¼ cup	Sugar or Honey
2 Tbsp.	Salt
1 tsp.	Pepper



Materials:

Steamer
Steamer pan
Bowl for combining dressing ingredients

Directions:

Day Before Service:

1. Rinse the wheat berries by submerging them in water in a pan. Skim off any pieces of the wheat chaff that rise to float. Drain water.
2. Place wheat berries in a steamer pan and cover with water. Steam for 70-80 minutes or until they are tender and many of them have split open (they will still be a bit chewy). Drain. Cool.
3. Combine the dressing ingredients in a bowl. Taste and adjust the flavor, if needed.
4. Toss the wheat berries with the dressing and other ingredients. Cover and store overnight to allow the flavors to meld.
5. Serve chilled.

Notes:

Cooked wheat berries can also be served on their own on salad bar.

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



Questions or comments? Email DexterFarmtoSchool@gmail.com