

Wheat Berry and Apple Salad

Yield: 38 – one quarter-cup servings

2 cups wheat berries (barley can be substituted)
2 Granny Smith apples, diced
1 cup raisins
1 cup flat leaf parsley, minced
1/4 cup apple cider vinegar
1/4 cup apple juice
1 tsp Kosher salt
1 tsp fresh cracked black pepper
1/2 tsp ground nutmeg
1/2 tsp ground cinnamon
1/3 cup extra virgin olive oil
2 tbsp lemon juice

1. Soak wheat berries in water overnight, with enough water to cover by a couple of inches.
2. Drain soaking water and rinse wheat berries. In a saucepan, bring 7 cups of water to a boil. Add wheat berries and simmer, uncovered, for about 50 minutes or until cooked (wheat berries retain a firm, chewy texture). Drain water and set aside to cool.
3. Transfer wheat berries to a large mixing bowl and add remaining ingredients. Mix thoroughly and refrigerate for at least 2 hours.

Submitted by Wilson College, Maryland
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