

Confetti Wheat Berry and Bean Salad

BY **CHEF BRIDGET COLLINS**, PROFESSIONAL CHEF AND SCHOOL NUTRITIONAL CONSULTANT

Jeanne Irwin of Somerville made a deal with Four Star Farms in Northfield, Massachusetts, to deliver a few hundred pounds of wheat berries to her central school commissary. Then Somerville distributed the product to all the other Somerville Schools. Now that's a real dedication to buying local!

- 6½ pounds dry wheat berries
- 5 gallons water
- 4¾ pounds fresh corn, cooked and cut off the cob (thawed frozen corn is an acceptable substitute, do not use canned corn)
- 18½ cups grated carrots (about 4¾ pounds)
- 12 cups diced red bell pepper (about 8 pounds)
- 2½ pounds cherry tomatoes, halved (about 3 pints)
- 4¾ cups chopped scallions (about 1 bunch)
- 1½ cups chopped cilantro or parsley leaves
- 13 cups cooked black beans (rinsed, if canned)
- 13 cups cooked kidney beans (rinsed)

Dressing

- 16 cloves fresh garlic, minced
- 2½ cups orange juice
- 2½ cups fresh lime juice
- 3 tablespoons salt
- 3 tablespoons chili powder
- 2 tablespoons ground cumin
- 4 teaspoons ground black pepper
- 4¾ cups olive oil or vegetable oil

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1 CUP

Rinse the wheat berries under cool water. Place them in a large pot with enough water to cover them. Bring to a boil over high heat. Once the water has boiled, reduce the heat to low, and cook the berries until tender. Simmer for approximately one hour.

While the wheat berries are cooking, prepare the dressing. In the bowl of a blender or food processor, add the garlic, juices, salt, chili powder, cumin, and black pepper. Blend briefly. With the motor running, add the oil in a slow steady stream through the top spout. Blend until smooth.

Drain the wheat berries well, and pour the dressing over them while they are still hot. Stir well to coat them evenly. Allow the wheat berries to cool, and hold the mixture at 40°F or lower.

Prepare the vegetables and beans and add them to the cooled wheat berry mixture.

Toss everything to combine, and refrigerate until service.

NUTRITIONAL INFORMATION

CALORIES: 304; SODIUM: 314.67 MG; SATURATED FAT: 4.51%

USDA REQUIREMENTS MET:

¾ OUNCE EQUIVALENTS GRAIN

PLUS

1 OUNCE M/MA

¼ CUP TOTAL VEGETABLES

(¼ CUP RED OR ORANGE VEGETABLES, ¼ CUP STARCHY VEGETABLE)

OR

½ CUP TOTAL VEGETABLE

(¼ CUP LEGUME VEGETABLE, ¼ CUP RED OR ORANGE VEGETABLE, ¼ CUP STARCHY VEGETABLE)

