



Serves 4

Preparation Time: 5 minutes

Cook Time: 1 hours 45 minutes

INGREDIENTS:

2½ cups wheat berries, soaked overnight

¼ cup plus 2 tablespoons apple cider vinegar

¼ cup brown rice syrup

2 celery stalks, thinly sliced

½ cup chopped green onion (white and green parts)

2 tablespoons minced tarragon

1 Bosc pear, cored and diced

½ cup fruit-sweetened dried cranberries

Salt and freshly ground black pepper to taste

Autumn Wheat Berry Salad

Perfect for potlucks, picnics, and packed lunches, this simple salad mixes tender-chewy wheat berries with crunchy celery, zesty green onions, and sweet-tart dried cranberries. Wheat berries are one of the heartiest whole grains around, so they take some time to cook. If you want something faster (and gluten-free), substitute quinoa or millet for the wheat berries.

From *Forks Over Knives — The Cookbook*

By Del Sroufe

- 1 Bring 5 cups water to a boil in a medium saucepan and add the wheat berries. Return to a boil over high heat, reduce the heat to medium, cover, and cook until the wheat berries are tender, about 1¾ hours. Drain the excess water from the pan and rinse the berries until cool.
- 2 Combine all the other ingredients in a large bowl. Add the cooled wheat berries and mix well. Chill for 1 hour before serving.