



Makes 6 cups

Preparation Time: 20 minutes

Cook Time: 2 hours 25 minutes

INGREDIENTS:

¼ cup wheat berries

¼ cup rye berries

3 tablespoons lemon juice

⅛ teaspoon cayenne pepper

⅛ teaspoon ground cumin

Sea salt, to taste

2 sweet, juicy apples, such as Gala or Fuji, cut into 1-inch pieces

3 stalks celery, cut into 1-inch pieces

¾ cup finely chopped fresh parsley

¼ cup golden raisins

Rye and Wheat Berries with Celery and Apples

Tender, chewy wheat berries mingle with crunchy celery and sweet apples and raisins in this refreshing side dish. This recipe can be adapted to accommodate what's in season or what's in your pantry and refrigerator. Switch up the grains, fruit, and herbs—try barley in place of one of the grains here, or pears in place of apples, for instance—and you'll have an entirely different result that is just as easy to put together and equally delectable.

By Darshana Thacker Wendel

- 1** In a small bowl combine wheat and rye berries and enough water to cover generously. Let stand 2 hours; drain. In a small saucepan bring 3 cups water and the drained berries to boiling; reduce heat to medium. Cook, covered, 30 minutes or until grains are softened. Drain and cool.
- 2** In a small bowl whisk together lemon juice, cayenne pepper, and cumin. Season with salt.
- 3** Transfer grains to a large bowl. Stir in apples, celery, parsley, and raisins. Drizzle with lemon juice mixture; toss to coat. Serve at room temperature or chilled.