



Makes 11 cups

Preparation Time: 30 minutes

Cook Time: 25 minutes

INGREDIENTS:

SALAD

1 lb. sweet potatoes, scrubbed and cut into ½-inch cubes

2 medium beets (20 oz. total), trimmed, peeled, quartered, and sliced ¼ inch thick

4 medium shallots, peeled and quartered lengthwise

6 cups thinly sliced kale

2 cups cooked and chilled wheat berries

½ cup golden raisins

¼ cup pumpkin seeds (pepitas), toasted

DRESSING

¼ cup lemon juice

3 tablespoons pure maple syrup

4 teaspoons Dijon mustard

3 cloves garlic, minced

1 teaspoon grated fresh ginger

Sea salt, to taste

Freshly ground black pepper, to taste

Wheat Berry and Roasted Vegetable Salad with Kale

This hearty salad is replete with a range of flavors. The roasted vegetable medley includes sweet potatoes, beets, and shallots. Pepitas, golden raisins, and an easy homemade maple-mustard dressing top things off. Before slicing the kale, be sure to remove any thick, tough stems.

By Nancy Macklin, RDN

- 1 Preheat oven to 400°F. Line two large shallow baking pans with parchment paper or silicone baking mats. Place sweet potatoes and beets in single layers on separate baking pans. Roast 10 minutes; stir. Add shallots to sweet potatoes. Roast 15 to 20 minutes more or until vegetables are tender, stirring once. (Brush with water if vegetables begin to look dry.) Cool on a wire rack.
- 2 In a large bowl toss together kale, wheat berries, and raisins.
- 3 For dressing, in a small bowl whisk together lemon juice, maple syrup, mustard, garlic, ginger, and ¼ cup water. Add vegetables to kale mixture. Add dressing; toss to coat. Season with salt and pepper. Top with pumpkin seeds.