

Wheat Berry Waldorf Salad

Lorraine Wallace, 2014 Annual Meeting at Lloyd Brown's

Wheat berries, minimally processed grains of whole wheat, are sometimes marketed as hard wheat. I get them at Whole Foods in the bulk section.

4 cups water
3/4 teaspoon salt
1 cup wheat berries (whole-grain wheat)*
2 tablespoons walnuts, toasted and chopped
1 Gala or McIntosh apple
1 Granny Smith apple
1 celery rib, sliced thin
2/3 cup packed fresh mint leaves, washed well, spun dry, and chopped
1/2 cup dried tart cherries (Trader Joe's, sometimes Costco)
1/4 cup golden raisins
2 scallions, chopped
3 tablespoons seasoned rice vinegar
3 tablespoons fresh orange juice
3/4 teaspoon freshly grated orange zest

In a saucepan bring water and salt to a boil and add wheat berries. Simmer wheat berries, covered, 1 1/2 hours, or until tender. Drain wheat berries in a colander and cool to room temperature.

Cut apples into 1/2-inch chunks and in a large bowl toss with wheat berries and all remaining ingredients. Season salad with salt and pepper.