



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

Wheat Berry-Cranberry Salad

Recipe courtesy of Jackie Mills, MS, RD

Makes 6 servings (3 1/2 cups)

Ingredients

1 cup wheat berries (makes about 2 1/4 cups cooked)
1/3 cup pecans
2 tsp orange zest, grated
1/4 cup orange juice, freshly squeezed
1 T white wine vinegar
1 T honey
1 T olive oil
1/2 tsp ground cumin
1/2 tsp ground coriander
1/4 tsp salt
1/8 tsp black pepper, freshly ground
1/2 cup dried cranberries
1/4 cup carrot, diced
2 T green onion, thinly sliced, including some green top
2 T fresh Italian parsley, chopped

Directions

Combine wheat berries and 6 cups water in large saucepan. Bring to a boil; reduce heat, cover, and simmer just until wheat berries are tender, 45 to 50 minutes. Drain.

Meanwhile, preheat oven to 350°F. Place pecans in a small baking pan and bake, stirring once, 6 to 8 minutes or until lightly toasted. Cool and coarsely chop.

At the same time, whisk together orange zest and juice, vinegar, honey, oil, cumin, coriander, salt, and pepper in a large bowl. Stir in hot cooked wheat berries and cranberries. Let stand to cool to room temperature, stirring occasionally. Stir in carrot, green onion, and parsley.

Stir in pecans just before serving. Serve salad chilled or at room temperature.

Nutrient Analysis per serving: Calories: 227; Total fat: 8 g; Sat fat: 1 g; Trans fat: 0 g;
Cholesterol: 0 mg; Sodium: 104 mg; Carbohydrate: 36 g; Fiber: 5 g; Protein: 5 g