

Recipe Corner: Wheat Berry Salad

Prep Time: 15 m | Total Time: 1 h 38m

INGREDIENTS

- 1 1/2 cups hard wheat berries
- 3/4 cup chopped walnuts
- 2 stalks celery, finely chopped
- 1/2 cup tart dried cherries, chopped
- 1 scallion, white and green parts, chopped
- 1/2 cup finely chopped parsley leaves
- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- Salt and freshly ground black pepper



DIRECTIONS

1. In a large pot combine the wheat berries and enough water to come 2 inches over the wheat berries.
2. Bring to a boil and cook uncovered for 1 hour, or until tender. Drain and let cool.
3. Toast the walnuts in a medium dry skillet over medium-high heat until fragrant, 2 to 3 minutes.
4. In a large bowl, combine the wheat berries, walnuts, celery, dried cherries, scallions, parsley, olive oil and lemon juice.
5. Season, to taste, with salt and pepper.

[via [Ellie Krieger](#)]