



www.ethnicvegan.com

Paula's Montana Red Wheat Berry Salad

Our friend Paula from Montana can promote the health benefits of Montana red wheat berries 'til the cows come home. She swears that they have magical properties. Whole unprocessed wheat kernels, especially Montana organic red spring wheat berries, are high in protein and fiber, and they're delicious! This colorful salad recipe showcases their nutty goodness, and it's perfect for a summer potluck.

1 cup cooked wheat berries (see below)
1/2 cup pineapple chunks
1 cup dried cranberries
1 cup shelled pistachios
1/2 cup pine nuts
1 cup dried apricots, chopped
2/3 cup agave nectar
1 1/2 tsp. cinnamon

Wheat berry prep:
1/2 cup wheat
1 3/4 cup water
1/4 tsp. sea salt

Rinse wheat. Combine wheat, water, and salt in a saucepan. Bring to a boil, reduce heat, cover, and simmer 1 hour or until tender. Drain and cool.

Combine all ingredients with cooled wheat berries. Mix and serve.