

WHEAT BERRY SALAD

INGREDIENTS

2 cups wheat berries, or another grain such as farro or barley

for the dressing:

2 tablespoons Dijon mustard

3 tablespoons honey

2 lemons, juiced

½ cup olive oil

2 tablespoons fresh parsley

1 shallot

salt and pepper to taste

4 oranges (any variety), peeled and sliced

3 scallions, thinly sliced

1 pound small beets, roasted

1 pound mixed salad greens

1 four ounce log of goat cheese, crumbled

METHOD

Rinse the wheat berries and put them into a pot with 4 cups of water. Bring to a boil and then reduce heat to low.

Allow to cook for 20 minutes and starting tasting them to test if they are done. They should have a slight chewiness to them, but not be hard; continue cooking to desired texture.

When done cooking pour off any excess liquid and pour the grains into a large bowl to stop the cooking.

Make the dressing by combining in a blender or food processor the mustard, honey, lemon juice, olive oil, shallot, parsley, salt and pepper. Taste and adjust if necessary.

When the wheat has cooled toss in the oranges, scallions and dressing.

Peel and cube the beets. Toss the remaining dressing on the greens.

To serve, place the wheat berry salad on a bed of greens and top with the cubed beets and goat cheese.