



Wheat Berry Salad

Ingredients:

1 ½ Cups Wheat Berries
½ Cup Artichoke Hearts, chopped
½ Cup Sundried Tomatoes (dry, not in oil), chopped
2 Scallion, white & green parts, chopped
2 Tablespoons Olive Oil
2 Tablespoons Chopped Basil
2 Tablespoons White Balsamic Vinegar
Salt & Pepper

Directions:

Place the wheat berries in a large pot with enough water to come 2 inches over the wheat berries. Bring to a boil and cook uncovered for about an hour or until tender. Drain and let cool.

In a large bowl, combine the wheat berries with the remaining ingredients, holding the salt & pepper until the end, and then add to taste.