

Wheat Berry Salad with Apples and Cashews

- 1 c. whole wheat berries
- 5 c. water
- 3 Tbs. vegetable oil
- ½ c. orange juice
- 2 Tbs. red wine vinegar
- 2 Tbs. ground coriander (opt)
- ½ tsp. ground cinnamon
- 2 Granny Smith apples, cored and diced
- 2 Tbs. fresh mint, finely chopped
- ½ c. cashews, roasted, chopped (opt)
- 1 green onion, minced (opt)
- 1 c. dried, sweetened cranberries
- Feta cheese (opt)



Pick over the wheat berries for any foreign bits, then rinse. Bring wheat berries to a boil, reduce heat, and simmer for 1 hour or more until tender. Drain and cool. In a small bowl, mix vegetable oil, orange juice, vinegar, coriander (opt), and cinnamon. Set aside.

To wheat berries, add apples, mint, shallots (opt), and cranberries. Toss with dressing to coat. Prior to serving, add roasted cashews, if desired. Tip: If you make this salad ahead of time you will need to add more dressing before serving, as some of the ingredients will absorb the liquid.