



Spring Wheat Berries

Spring wheat berries are very high in protein, and they have a nutty, slightly earthy taste. The whole berries are wonderful soaked and cooked in hearty soups and savory meat and vegetable dishes, as well as in desserts and breakfast dishes.



Spring Wheat Berry Salad

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 Tbs olive oil
- 2 Tbs lemon juice
- Salt and freshly ground black pepper



Directions

- In a large pot combine the wheat berries and enough water to come 2 inches over the wheat berries. Bring to a boil and cook uncovered for 1 hour. Drain and let cool.
- In a large bowl, combine the wheat berries, walnuts, celery, dried cherries, scallions, parsley, olive oil and lemon juice. Season, to taste, with salt and pepper.



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Health Benefits

- Regulate Blood Sugar Levels.
- Support a Healthy Heart and Strong Bones.
- Help With Weight Loss.
- Promote Good Digestion.
- Decrease Iron Deficiency.
- Reduces cardiovascular disease risk.



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